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Ghost bike fuss overblown?

City only has seven complaints on record

EXCLUSIVE
metroNEWS

E-cigarette, hookah ban under review

BYLAW

Ottawa staff cracking down on smoke-free legislation

Emma Jackson
Metro | Ottawa

Ottawa's hookah bars could face extinction as Ottawa city council considers banning shisha and e-cigarettes at local restaurants.

Coun. Shad Qadri, who chairs the Ottawa Board of Health, said "legislative loopholes" in the city's smoke-free bylaws still allow herbal shisha and e-cigarettes to be smoked at licensed establishments.

Cigarettes are already banned in all buildings in Ottawa, and on all city property. But the bylaw doesn't capture the use of e-cigarettes and hookahs in public places — a troubling gap for public health, Qadri said.

"There may be some materials coming out of the e-cigarette that, from a medical point of view, can be harmful," he said.

Ottawa Public Health's website says e-cigarettes have not been fully tested for safety, and there are no long-term studies on their health impact.

As for shisha — an herbal product smoked through a water pipe — studies have found it often contains harmful toxins like arsenic, chrysene and tar, despite having a reputation for being healthier than traditional tobacco products.

Ottawa Public Health staff will "consult with relevant stakeholders" and report back by the end of 2016.

Toronto passed a similar ban earlier this month, following other Ontario cities like Orillia and Peterborough. Alberta has a province-wide ban.

25%

One in four Grade 12 students in Canada have smoked hookah, according to a Youth Smoking survey.

The issue is not without controversy; business owners across the country have said the bans target Middle Eastern traditions. In Vancouver, the owners of the city's last two hookah bars have vowed to ignore the city's ban, which was passed in 2008.

It's not clear how many Ottawa restaurants offer shisha, but Qadri deferred any questions about business impacts.

The motion garnered no comment from other councillors, and Mayor Jim Watson called it "a good initiative."

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Climate change threatening Uganda's coffee farmers. **Business**

Senator Mike Duffy, a former member of the Conservative caucus, arrives at the courthouse in Ottawa for his trial on Wednesday in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Consultant's resumé touted

DUFFY TRIAL

Judge to decide whether roles were official senate business

A sounding board, an adviser, a talent booker, an Internet researcher and web content consultant — Gerald Donohue was at different points all of these things to Sen. Mike Duffy.

The question before Ontario Court Justice Charles Vaillancourt is whether Donohue's roles constituted legitimate Senate business, or rather fraud and a breach of the public's trust.

Eight of the 31 Duffy faces relate to $65,000 in Senate contracts awarded to Donohue. Duffy has pleaded not guilty.

Of that $65,000 amount, Donohue paid out roughly $40,000 to a number of other service providers at Duffy's direction, including speechwriters and a makeup artist.

Bayne's second day of cross-examination revolved around Donohue's resume going back 40 years.

The defence is trying to make the case that Donohue had legitimate credentials as a consultant, and that he did actual Senate-related work for Duffy. The Crown has suggested Donohue was unqualified to act as a consultant to Duffy, and did not deliver a substantive product for the money he was paid.

Donohue worked as an international and regional representative for the National Association of Broadcast Employees and Technicians (NABET) union, and later became human resources director for the local CTV station in Ottawa.

Bayne took the court through an official letter Donohue penned to then-prime minister Pierre Trudeau in 1977 on broadcasting issues, and also the honorarium he was paid to act as a labour consultant for CTV during the Calgary Olympics.

"Did the police (investigators) ever pursue with you details of your extensive experience at the federal level negotiating for NABET?" asked Bayne.

"No," Donohue responded via video link.

"Or your decade of management experience with CJOH and all the various administration and other responsibilities...did they pursue any of that?"

"No."

Bayne zeroed in on the service contracts that Donohue signed with the Senate, which included the catch-all line that he might do any kind of duty for Duffy "that may arise from time to time." The vagueness of Senate rules has come up repeatedly during the seven-month long trial.

Donald Bayne FRED CHARTRAND/THE CANADIAN PRESS

"That's exactly my criticism to Sen. Duffy when I saw it, this was the old type of clause that the CBC always proposed so you could do camera and sweep the floor at the same time," said Donohue, who had also worked as a TV technician.

Donohue said that because ill health made him housebound, he was always available to talk to Duffy by phone. When the senator would ask for information about a public policy issue, Donohue would spend hours looking for it on the Internet.

"Is he a bit of a night hawk and tend to be a little long winded?" Bayne asked at one point.

"Sir, you were never paid by senator Duffy for purely services or private business of his, you were always and only paid for services related, as you understand it, to his functions and interests as a senator?" Bayne asked.

"That's true, that's right," Donohue said.

Donohue's testimony is scheduled to resume on Friday afternoon. THE CANADIAN PRESS

DONOHUE

Gerald Donohue estimated he would spend 100 hours per year talking to Duffy on the phone, in addition to another 50 hours doing tasks related to their conversations. This included research on issues and securing the work of third parties for Duffy. THE CANADIAN PRESS

IMMIGRATION

Mayor pledges resettlement for up to 2,000 Syrian refugees

SYRIAN REFUGEES IN CANADA

Ottawa will bring in between 800 and 2,000 Syrian refugees in the coming months, Mayor Jim Watson said Wednesday.

And although it remains uncertain where exactly the new arrivals will live, the city won't be dipping into already in-demand affordable housing units.

"We have a waiting list for people getting into affordable housing, so that's not one of the options we're looking at," Watson told reporters after city council on Wednesday. "We're looking at private stock that's available."

On Tuesday, the federal government said it plans to resettle 10,000 Syrian refugees by the end of the year and another 15,000 by the end of February.

Ottawa is one of 36 cities for which refugees are destined after landing in Toronto and Montreal.

Watson said the city doesn't have a specific number from the federal government and it's unclear how many will be families of four, five or six people, he said.

"That will determine what we can accommodate based on the size of apartments and so on," he said.

The city has received housing offers from some private organizations, he said.

While Ottawa Community Housing "may be able to offer some emergency help on a short term period," that likely won't be required. The Canadian Forces are preparing 6,000 beds on military bases for refugees who don't immediately have housing.

In addition, 8,000 of the first 10,000 arrivals will be privately-sponsored refugees, whose accommodations and other costs are covered by sponsor groups.

Ottawans are readying for their new neighbours. Communities are planning social events and gathering furniture, clothing and toys.

Refugee 613, the group coordinating resettlement efforts in Ottawa, is holding a meeting next week to update progress, Watson said.

Its director told Metro on Tuesday that landlords, developers and private individuals will need to step up to house Syrian refugees, given the affordable housing shortage.

With planeloads of refugees expected to arrive starting next week in Toronto and Montreal, the mayor said Ottawans should expect their new neighbours to arrive soon after that.

"When refugees arrive, we will have capacity at the beginning," he said. "That capacity will grow with time."

MICHAEL WOODS/METRO, WITH FILES FROM EMMA JACKSON

Reborn Lansdowne loses $10.9 million in first year

VENTURES

City will also not turn profit as expected, report adds

Michael Woods
Metro | Ottawa

The city's private partner at Lansdowne Park posted an operating loss of $10.9 million in its startup year.

In addition, higher-than-expected costs at the former fairground on Bank Street mean the city won't turn a profit on the venture.

The details are contained in an annual report on the Lansdowne Partnership Plan between the city and the Ottawa Sports and Entertainment Group (OSEG), which owns the Redblacks, Fury and 67's.

The revitalized Lansdowne opened in July 2014 when the Redblacks — now Grey Cup-bound — played their first-ever home game. Its parking garage, urban park, retail and residential components opened in stages afterward.

The new report says OSEG expects $110-million-higher net revenues over 30 years than projected in 2012. That's because of longer-term retail leasing agreements at higher rates, higher CFL revenues due to a new broadcast agreement with TSN and higher revenues from naming rights and ticket fees.

However, there was an extra $54 million in capital costs in 2014 and 2015. That's mainly due to costs of fixing steel corrosion in the TD Place Arena roof and increased construction costs.

A forecast $22.6 million in profits for the city won't materialize, mainly due to the costs of repairing the roof.

There's a dispute over the costs of those repairs between the city and OSEG. The report says that depending on the results of that dispute, the city could recoup $6.8 million of those costs.

OSEG says that to the end of 2014, it contributed $88 million — $32 million more than expected — to meet unbudgeted capital requirements.

> **Eventually we'll get someone who will want to move in there.**
>
> Mayor Jim Watson, on the Horticulture Building

Mayor Jim Watson defended the partnership with OSEG on Wednesday, saying the arrangement doesn't cost taxpayers because OSEG is borrowing and using the city as a guarantor.

"It's the best arrangement that protects taxpayers," he said.

The Horticulture Building, — where retail spaces on the ground level remain vacant — cost $10 million to move and renovate, but a public tender that closed in March didn't produce a suitable tenant.

Watson said it's a "relatively small space," but he's hopeful a tenant will be found.

"I've been to more events at that building I think than any other building on site," he said. "We'd like to see a coffee shop or a caterer or some type of retail operation in there."

The Ottawa Farmer's Market opened at Lansdowne earlier this year. OSEG says the Lansdowne project has created 289 full-time jobs and nearly 1,600 part-time jobs, while retailers have created 267 full-time jobs and 680 part-time jobs. METRO FILE

MARIJUANA

Medical vapour gets freed from ban

Medical-marijuana users in Ontario are now legally able to use vaporizers just about anywhere in the province.

The Liberal government quietly exempted them this week from a law that bans the use of e-cigarettes anywhere regular cigarettes are prohibited.

It means medical-marijuana users can vaporize in restaurants, at work or on playgrounds.

Associate Health Minister Dipika Damerla says that under the exemption for medical-marijuana users, employers or restaurant owners could still ban them from smoking on the premises.

She says it's about letting people who are very sick or in a lot of pain take their prescribed medication when they need to.

Jonathan Zaid, the founder of Canadians for Fair Access to Medical Marijuana, says the regulations don't change much since medical-marijuana users could already smoke "pretty much" anywhere before the e-cigarette law was passed in May.

He highly doubts the change in regulations will mean medical-marijuana users flooding playgrounds and restaurants to vaporize.

"Everyone that I know, including myself, who uses medical cannabis is discreet about it," Zaid said.

"They just want to use it as their medicine to feel better, to live a better quality of life, and they don't want to be harassed about it, so that also means they're not typically likely to do it in a very public space."

THE CANADIAN PRESS

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A ghost bike on Bronson Avenue marks the spot where cyclist Krista Johnson was killed in 2012. JOE LOFARO/METRO

Seven complaints in two years

TRANSPORT

Records reveal a mere handful of issues with 'ghost bikes'

Haley Ritchie
Metro | Ottawa

The City of Ottawa only has a handful of complaints on record about "ghost bikes" and other roadside memorials, newly released documents show.

Earlier this month, the city's transportation committee voted to take down these impromptu memorials to people killed on Ottawa's streets — such as white ghost bikes, crosses and flowers — on public property after six months. City staff cited complaints from pedestrians and motorists who say the memorials can be a distraction.

"Concerns have been raised citing that such memorials are obstructing vehicular or pedestrian movement and are a visual distraction to motorists," says a report by city staff from Oct. 27, which kicked off the move to put a time limit on roadside memorials.

So Metro filed a freedom-of-information request to find out just how many requests the city received between January 2014 and the beginning of this month to remove ghost bikes and other roadside memorials.

It turns out the city has only seven complaints on record for that 22-month period.

Metro received a two-page spreadsheet from the city that lists the ward in which the roadside memorial is located and its street address, the nature of the complaint, which bylaw and department is involved, and the action taken.

> **There are many distractions on our streets ... that are far more obtrusive than white ghost bikes.**
> Alex deVries, Citizens for Safe Cycling

All of those sites are located in Ward 18 or Ward 17 along Bank Street and Riverside Drive.

The number of complaints came as a surprise to Alex deVries of Citizens for Safe Cycling, who noted that most people probably don't think to call the city's 311 service to lodge complaints about roadside memorials.

"It was difficult to judge the size of both sides of the story," he said. "For instance, there were probably lots of communications from people interested in keeping ghost bikes that weren't included in the report either.

"We know from talking to councillors that there have been other concerns."

While plenty of opposition voices made themselves heard during the debate over roadside memorials, neither the volume of complaints nor any evidence that they caused accidents was discussed.

The City of Ottawa did not provide any information about the number of informal complaints it has received, such as complaints made directly to councillors that aren't logged by city staff.

Capital Ward Coun. David Chernoshenko — the city's spokesperson on the matter — declined an interview request, saying in an email that he was "very busy and not really interested in continuing to give even more energy to this story."

But, says Chernoshenko, roadside memorials are "a far more contentious issue than the seven 311 complaints would indicate."

"I can assure you I received several dozen emails over the last three years in some form or other," he wrote, adding that he has also spoken with people on the street about the issue and read letters in community newspapers.

Alta Vista Ward Coun. Jean Cloutier said he received more emails in support of ghost bikes than opposed to them.

"That being said, I support the compromise policy that council passed," he said in an email. "It is respectful of the families of those who died and respectful of the use of public spaces."

While ghost bikes get a lot of media coverage, says deVries, scant attention is paid to other roadside "distractions."

"There are many distractions on our streets, including electronic billboards and real estate signs. Things like that are far more obtrusive than white ghost bikes, I think," he said.

"We seem to be very focused on white bikes and not very focused on all the other things that are intended to get noticed by road drivers. City council has no problem with those but smaller things like ghost bikes tend to get a lot of attention."

City staff first proposed a 90-day time limit on roadside memorials. The transportation committee voted earlier this month — after hearing from deVries' group and others — to extend that timeframe to six months.

"We do think that ghost bikes present meaningful memorials to families," deVries said, "Having reminders about traffic safety is important, regardless of whether it's three months or longer."

'UGLY AND DANGEROUS'

Excerpts from some of the documented complaints:

"There was a non-fatal accident there today because of this. Please enforce the sidewalk be kept clear."
(JULY 30, 2014, ON BANK STREET)

"It has become an eye sore, but most importantly it has become a distraction and is starting to take a part of the sidewalk. Is it possible to clean it up a bit?"
(MARCH 2, 2014, ON BANK STREET)

"It's ugly and dangerous."
(APRIL 4, 2014, ON BANK STREET)

"Please send someone out to investigate, caller is making complaint about the bike memorial at the corner, said it is distracting and causes accidents."
(JULY 29, 2014, ON BANK STREET)

"Caller stated that someone died at this intersection approx. 8 months ago and he is not trying to be unsensitive but the amount of items that have now been placed here is becoming a distraction while driving and blocking the sidewalk."
(MAY 2, 2014, ON BANK STREET)

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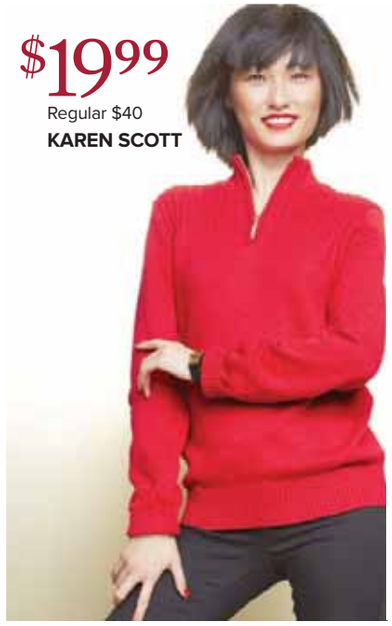

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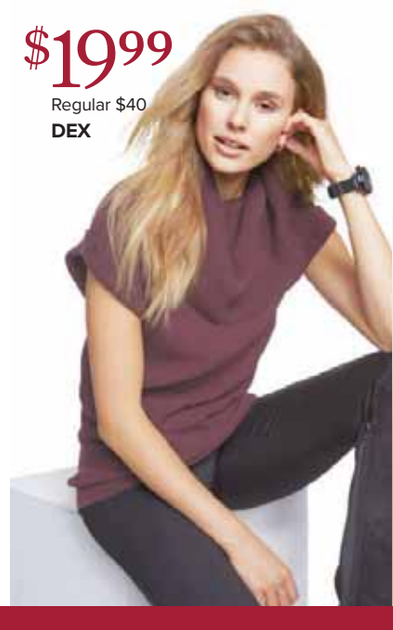

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Bridging neighbourhoods

CITY PLANNING

Somerset-Donald bridge to open early on Dec. 4

Emma Jackson
Metro | Ottawa

The city doesn't always finish bridges on time, but in the case of the Somerset-Donald crossing it has — and pedestrians will be able to make use of the route six months early.

Coun. Mathieu Fleury announced at council Wednesday that the long-awaited pedestrian bridge between Sandy Hill and Overbrook would open Dec. 4 instead of spring 2016.

Fleury said the railings, lighting and public art were all supposed to be installed next spring. But as construction progressed, everything came together earlier than expected.

Dubbed the Adàwe Crossing, the footbridge formalizes what has always been a popular Rideau River crossing point. Instead of hopping stone to stone, however, residents will now be able to keep dry as they walk and bike from Somerset Street East in Sandy Hill to Donald Street in Overbrook.

City councillors embraced "le rouge et noir" at their council meeting Wednesday ahead of the Ottawa RedBlacks' run for the Grey Cup against the Edmonton Eskimos this Sunday. The council agenda was pretty light; highlights included Coun. Mathieu Fleury's announcement that the Donald-Somerset pedestrian bridge will open six months early on Dec. 4. EMMA JACKSON / METRO

Community members have been emailing Fleury for months, asking if the speedy progress meant it would open early. And now that they've got a date, Fleury said residents have already started asking if it will be winter maintained — and it will.

However the city is still "tweaking" snow-clearing plans for pathway connections on either side of the river.

Fleury and Rideau-Rockcliffe Coun. Tobi Nussbaum are also hoping to formalize more east-west cycling links leading to the bridge next spring.

"It's such an important connection," Fleury said.

What's in a name?

Consultations to name the bridge began this summer, and the city fielded more than 60 submissions through the commemorative naming process.

Most suggested names of people, Fleury said, or other First Nations words.

Adàwe won for a few reasons, mainly because it's an Algonquin word meaning "to trade." That suits the river's history.

Fleury pushed to call it a crossing, he said, because "bridge" is too harshly bureaucratic. Plus, it captures what pedestrians and cyclists have been doing for decades.

"I've crossed with my bike on my shoulder many times," Fleury said.

EDUCATION

School board reverses vote

After voting last week to suspend changes and do more research, trustees at the Ottawa-Carleton District School Board voted Tuesday to reintroduce the planned amendments to French language education.

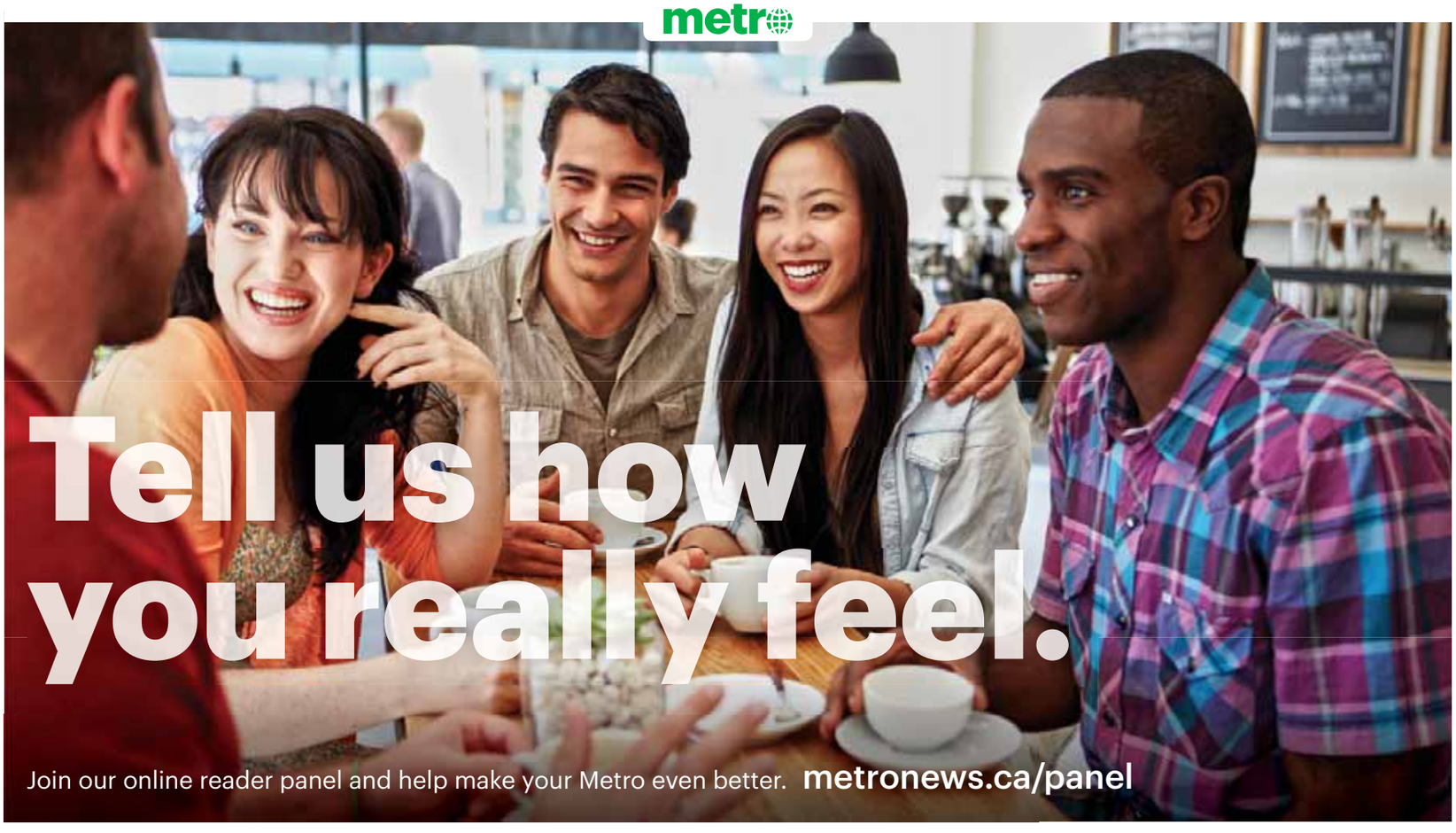
The proposal would make kindergarten bilingual in all schools and teach 60 minutes of English and 60 minutes of math in English starting in Grade 1.

A group of concerned parents — stating that 120 minutes of classroom time spent in English is a large portion of the day — asked the board to put off the changes. The parents were successful at a previous meeting, as trustees voted to delay changes until 2017.

But the board says the new measures would make the system more accessible and help to identify students who are struggling.

On Tuesday night, trustees reversed their decision, committing to more public consultations and research but adding a deadline of September 2016 to implement the proposal.

HALEY RITCHIE/METRO



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Dancing, flag-waving electronic dance music fans celebrate Canada Day at last year's Escapade Does O'Canada festival at the 151 George St. parking lot. CONTRIBUTED

Whoa Canada! Big bash on way

BACKSTAGE PASS

Ball hockey, golf tourney to aid charities

Trevor Greenway
Metro | Ottawa

When we think about Escapade Music Festival, we usually conjure up images of massive DJs, revellers bathing in bass and laser light shows, and thousands of screaming music fans collectively bouncing to that perfect beat.

We don't think about hockey, outdoor movies, charity golf tournaments or intimate club shows spilling out throughout the city. But by next summer, we certainly will.

The crew at DNA Presents is launching a new interactive festival week culminating with Ottawa's big Canada Day bash on July 1. The week boasts everything from a movie under the stars to a massive charity ball hockey tournament.

Maninder Virk, DNA's director of marketing, says the Heineken Escapade Interactive week is more about celebrating Canadian culture than it is about revering electronic music.

"Hockey is life in Canada," says Virk, referring to a large-scale ball hockey tournament that will take place at the EY Centre June 29. The hope is to encourage the large swath of out-of-towners who travel in for the initial June 25-26 festival, to stick around for the week, check out what Ottawa has to offer, play some hockey or golf and then dance their asses off again for Escapade Does O'Canada party on July 1.

"We have such a large population that comes in from out of town for the festival and this is a way to showcase different aspects of the city and the fest and our community that we may not be able to do so otherwise," adds Virk.

"Ottawa sometimes takes a back seat to the Torontos and the Montreals of the world in terms of entertainment and night life and tourism, but Canada Day weekend is about being in Ottawa."

The week kicks off hard with some of the world's top EDM DJs blasting the bass for two days at the Rideau Carleton Raceway for the Escapade Music Festival June 25-26. Things then slow down with a movie under the stars, a charity golf tournament for CHEO and a charity ball hockey tournament for The Ottawa Senators Foundation before the beats start pounding again. Escapade will take over several clubs in the city on June 30 to offer more intimate performances that feature not only electronic music, but other genres as well.

The festival week caps off with a massive Canada Day party on George Street July 1.

"We really wanted our community to grow outside of the music festival and interact on different touch points of the city — to interact with our sports atmosphere, to interact with local communities and charities," adds Virk.

It's no secret that EDM festivals often come with the stigma that surrounds recreational club drugs like MDMA and Ecstasy and just loud, crazy, reckless partying. The Heineken Escapade Interactive is another way for DNA to "educate" the public more on what the Escapade experience is really about.

"We felt that this was an opportunity to grow the brand and maybe reach out to different clientele who are not aware of Escapade from the music side," says Virk. "I am sure there are a lot of people who are into golf and into hockey, who might not know what Escapade is about and this is a way for us to introduce the brand and educate more people into what the experience is at Escapade Music Festival, while giving back to local charities and engaging them in an activity that they are passionate about."

It's a brilliant move for a festival that clearly cares about more than just profits. How many times do we see a massive festival zip into the city, make a fortune in 12 hours and then disappear without a trace — leaving only a few overdosed teens in their wake. It's clear that DNA truly cares about the community they have created since first booking Deadmau5 in 2010. That community hasn't stopped growing and it's nice to see a festival of this size back on the ground, grinding it out with the rest of us. Hats off to you, DNA.

Heineken Escapade Interactive week kicks off June 25 and runs until the last bass drop on Canada Day.

Grab your glow sticks, your nine-iron and your movie blanket — Escapade is here to stay.

"This is a way to showcase different aspects of the city and the fest and our community ... Canada Day weekend is about being in Ottawa.
Maninder Virk, DNA Presents marketing director

ESCAPADE INTERACTIVE WEEK

June 25-26
The Heineken Escapade Music Festival – Ottawa's only electronic music festival returns to Rideau Carleton Raceway for the third consecutive year.

June 27
Heineken Escapade Under the Stars – Grab your movie blanket and catch an outdoor flick with friends and family.

June 29
Heineken Escapade Hits the Links – Charity golf tournament in partnership with Ottawa Venues; proceeds go to CHEO Foundation.

June 29
Heineken Escapade Hockey Showdown – Large-scale ball hockey tournament with proceeds going to the Ottawa Senators Foundation.

June 30
Heineken Escapade Club Series – Escapade takes over Ottawa's downtown nightlife through a series of intimate events featuring top artists from around the world.

July 1
Heineken Escapade Does O'Canada – Celebrate Canada Day with some of the world's top electronic artists. The party happens at the famous 151 George Street parking lot.

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Arrests made in slaying

VANIER

Mom, son and one other face first-degree murder charges

Joe Lofaro
Metro | Ottawa

Three people – including a mother and son – are facing first-degree murder charges in the shooting death of a 41-year-old man in Vanier earlier this month.

Police arrested Candy Locey, 40, and her son, Johnnie-Dean Locey-Derochie, 23, on Wednesday and charged them both in the Nov. 14 killing of Dady Junior Jean.

Jean was shot outside his apartment on Lacasse Avenue at approximately 8:30 p.m. – the city's 36th shooting of 2015.

Police also arrested another man on Wednesday: Dominique Paul Chretien, 20.

Chretien and Locey-Derochie both made brief court appearances and were remanded into custody until Dec. 3. Chretien was ordered not to communicate with the two co-accused and 19 other people. Locey-Derochie was also instructed not to communicate with a number of people.

Locey was still being questioned at the Ottawa police station Wednesday afternoon and is scheduled to appear in court Thursday to face the murder charge.

Jean's killing is the city's seventh homicide of 2015, which is the same number of homicides there were in Ottawa in 2014.

Court records indicate the last known addresses for Chretien and Locey were just three blocks apart in Vanier. Both addresses were also a few streets over from where the victim lived.

Locey-Derochie's address is listed in south Ottawa, according to court records.

Police are still asking anyone with information about the investigation to call the Ottawa Police Major Crime Section at 613-236-1222 extension 5493.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS) or by downloading the Ottawa Police iOS app.

7

The killing of Dady Junior Jean represents the seventh homicide in Ottawa in 2015, equalling the number committed in all of 2014.

An Ottawa police officer guards the scene at 340 Lacasse Ave. on Nov. 15. JOE LOFARO/METRO

GUN VIOLENCE

Police unclear on just where shooting occurred

Ottawa police also are investigating another shooting, the city's 42nd of the year.

Police were called to the Ottawa Hospital at about 9 p.m. on Tuesday after a man walked into the emergency room with gunshot wounds.

The injuries were considered not life-threatening, according to police, who seized the man's vehicle at the hospital to investigate the shooting.

The Ottawa Police Guns and Gangs Unit still doesn't know where the shooting happened.

They're asking anyone with information to call police at 613-236-1222, ext. 5050. Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS).

Tuesday's shooting is the latest in a recent spike in gun violence that has gripped the city. The number of shootings so far in 2015 is fast approaching the record-breaking 49 shootings recorded in 2014. JOE LOFARO/METRO

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HENRY'S

MENTAL HEALTH

Many plagued by PTSD

Dr. Morton Beiser, a psychiatric epidemiologist from St. Michael's Hospital in Toronto, says research indicates up to 20 to 50 per cent of refugee children suffer from PTSD, while 10 to 15 per cent of adults are affected.

"I don't think that we are sufficiently equipped yet to deal with that," Beiser said. "It is important that we develop resources quickly and effectively … We really have to get our act together."

Refugees who suffer from PTSD often relive their trauma, Beiser added. "Post-traumatic stress disorder ... is an awful disorder," he said. "It is a disorder in which people experience horrible situations that they've been in, they're back in the torture cell, they're back being raped."

Mental health challenges for refugees also go far beyond PTSD, said Dr. Kwame McKenzie.

> **We really have to get our act together.**
> Dr. Morton Beiser

The medical director for the Centre for Addiction and Mental Health says newcomers also face higher risks of developing substance abuse, depression and schizophrenia.

"The truth is, the studies have shown that the rates of mental-health problems are increased, for every (kind of) mental-health problem," he said.

McKenzie said he is pleased the federal government plans to help refugees settle immediately in host communities.

Unlike the 5,000 refugees who came to Canada from Kosovo in 1999, Syrians will not be housed on military bases unless it is deemed necessary.

"Some of the studies that have been seen worldwide say that you can decrease the risk significantly if you're careful about what you do when people come to the country," he said.

The effects of conflict, displacement, travel and family separation were all considered when the federal government crafted its plan, Health Minister Jane Philpott said Tuesday as the Liberals announced they intend to bring 10,000 refugees to Canada by year's end and another 15,000 by February.

"Mental-health concerns are amongst the concerns that we expect to see," Philpott said.

The minister also said the government determined it would be in the best interest of refugees to ensure a quick transition into communities. THE CANADIAN PRESS

Canadian Forces bases are on standby for newcomers

LOGISTICS

Medical and security screening will be overseas

Staff at Canadian Forces bases across the country are counting beds and making tentative plans to house and feed thousands of Syrian refugees expected to arrive in the coming weeks.

Capt. Evelyne Lemire, a spokeswoman at CFB Gagetown in New Brunswick, said they have not yet been told they will receive some of the 25,000 refugees the Canadian government has promised to accept by February.

But she said they have been asked to see how many they could accommodate at the sprawling base as part of what the military has dubbed Operation Provision.

"We've been asked to look at our options, our accommodations and so on, like the numbers," she said from the base near Oromocto. "We're ready to receive any Syrian refugees, if we're called on to do that."

Lemire said the base at Gagetown is looking at everything from how to provide food and medical services to allocating space for religious practice for refugees from Turkey, Lebanon and Jordan.

It's expected that bases in Quebec and Ontario will be called on initially to provide interim lodging for refugees, with bases and wings in other provinces expected to follow suit after the first wave of Syrians arrives.

The Forces could be asked to temporarily accommodate up to 13,000 refugees. The newly elected Liberal government announced its plans Tuesday to resettle the refugees, saying it will miss by two months a self-imposed deadline of Dec. 31 to bring 25,000 to Canada.

The new target is to receive 10,000 people by year's end and the remainder in the first two months of 2016.

Health and security screening will take place overseas and then refugees will be flown to Toronto and Montreal, largely on chartered aircraft.

> **We're ready to receive any Syrian refugees, if we're called on to do that.**
> Capt. Evelyne Lemire

From there, they will be spread across 36 different destination cities, which already have resettlement programs in place.

Temporary accommodation will be provided by the military, if required.

It's not clear how long they would be housed at the bases, but an official in the Defence Department says it will likely play out like it did in 1999 when Kosovar refugees were housed in bases like Gagetown, Greenwood, Aldershot and Halifax in Atlantic Canada and others in Ontario.

In Halifax, 12 Wing Shearwater may also be called on to take in refugees, but officials were still figuring out how they would accommodate both families and individuals in large barracks and other facilities.

The Forces have said they want to use empty beds and not displace military members, but may have to do some shuffling of personnel at bases in Valcartier, Que., and Edmonton. THE CANADIAN PRESS

Sgt. Matt MacIsaac removes some of his belongings from storage at CFB Kingston in Kingston, Ont. on Nov. 23 to prepare for **the upcoming arrival of Syrian refugees.** LARS HAGBERG/THE CANADIAN PRESS

POLITICS

Trudeau was right to delay settlement deadline: Experts

Michael Woods
Metro | Ottawa

Strictly speaking, the Liberal government's plan to bring in 10,000 Syrian refugees by Dec. 31 and another 15,000 by March — rather than all 25,000 by end of year — is Prime Minister Justin Trudeau's first broken promise.

But the government's decision to lightly tap the brakes on the resettlement process is being lauded by experts who implored them to take a bit more time to do it right.

"It would have been very problematic if they had stuck to the Dec. 31 deadline at all costs," said James Milner, a professor at Carleton University and former consultant with the UN High Commissioner for Refugees. "On balance, there's a real sigh of relief that the deadline has been extended."

The outcry for more time was among Immigration Minister John McCallum's messages when he announced the plan.

"I've heard Canadians across this country saying yes, you have to do it right, and if it takes a little bit longer to do it right then take the extra time," he said.

The Liberal platform said it would "expand Canada's intake of refugees from Syria by 25,000 through immediate government sponsorship."

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- ✓ CLIMATE
- ☐ INDIGENOUS WOMEN

ENTREPRENEURSHIP

Businesses also stepping up to help

Businesses and entrepreneurs across the country are stepping in to help settle the thousands of Syrian refugees coming to Canada over the next few weeks.

Real estate companies are contributing apartments, airlines are offering seats and individual business leaders are chipping in cash.

Calgary-based Mainstreet Equity Corp. offered at least 200 apartments across western Canada to house refugees at a discounted rate.

Wednesday's offer follows a similar one last week by fellow Calgary-based Boardwalk Rental Communities to provide 350 apartments.

Bob Dhillon, the CEO of Mainstreet, said his experience immigrating to Canada from war-torn Liberia with his family in the 1970s helped motivate him to assist the refugees.

"I can relate to what these guys are going through. They're going through turmoil, hardship, a difficult time, and if we can make their lives easier on their entry to Canada, why not?" Dhillon said in an interview. THE CANADIAN PRESS

66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping $5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.

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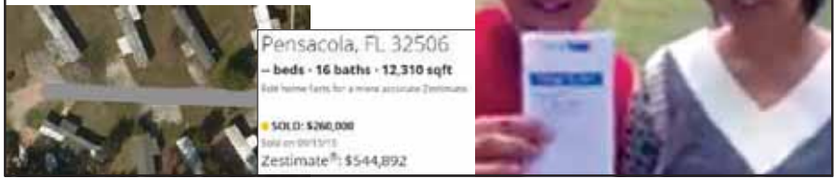

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ABORIGINAL AFFAIRS

Construction on road to reserve nears reality

An isolated reserve under one of Canada's longest boil-water advisories is one step closer to being connected to the outside world.

The Manitoba government introduced a bill Wednesday that would give the province legal authority to help fund construction of a permanent road for Shoal Lake 40 First Nation.

The reserve — on the Ontario-Manitoba boundary — was cut off from the mainland a century ago during construction of an aqueduct which sends fresh water to Winnipeg. It has no all-weather road and has been under a boil-water advisory for 18 years.

"It's something that cannot be overlooked any longer," said Aboriginal Affairs Minister Eric Robinson, who introduced the bill. "The challenges faced by Shoal Lake 40 in terms of clean drinking water, the cost of living and all these other factors have to be considered."

> **We can start catching up to the rest of history.**
> Chief Erwin Redsky

The road is an important step toward reconciliation with First Nations, Robinson said.

Chief Erwin Redsky said his community is "very, very excited" about the prospect of finally having a permanent lifeline. The road would mean his reserve could start thinking about a water treatment plant and economic development, he said.

"The road is so critical in all that. We can start catching up to the rest of society."

Robinson said Manitoba is prepared to kick in $10 million for the road's construction, which he said would probably take two years to complete. Both the city of Winnipeg and Prime Minister Justin Trudeau have promised to match that contribution.

THE CANADIAN PRESS

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The prime minister meets Queen Elizabeth II at Buckingham Palace in London, Wednesday. UI MOK/THE ASSOCIATED PRESS

PM meets with Queen

UNITED KINGDOM

Justin Trudeau returns to Buckingham

Prime Minister Justin Trudeau reacquainted himself with Queen Elizabeth, this time as the prime minister of Canada rather than the son of Canada's parliamentary leader.

Trudeau, making his second whirlwind tour on the international summit circuit in as many weeks, met the Queen at Buckingham Palace Wednesday morning.

"Good morning . . . Very nice to see you again," the Queen told Trudeau as they shook hands. "In rather different circumstances, isn't it?" she continued.

"I will say, you were much taller than me the last time we met," Trudeau said, to laughter from the Queen.

"Yes, it's extraordinary to think of, isn't it?" the Queen answered, before taking a seat across from Trudeau to have a private conversation.

Trudeau shares history with the Queen, having met the now 89-year-old monarch as a child in when his father Pierre Trudeau was prime minister.

On this trip, the Queen also met Sophie Grégoire-Trudeau and two of their own three youngsters, Ella-Grace and Hadrien, who are along with them.

Trudeau then delivered a speech at Canada House in Trafalgar Square. He confirmed Canada would bring in 25,000 Syrian refugees by the end of February. The government had originally pledged to meet its target by the end of the year, but pushed back the deadline this week.

THE CANADIAN PRESS & TORSTAR NEWS SERVICE

BACKGROUND

Trudeau took to the international stage to pitch his Syrian refugee plan as an example of Canada's unique diversity to the world. "We have a responsibility ... to show that inclusive diversity is a strength and a force that can vanquish intolerance, radicalism and hate," he said at Canada House.

THE CANADIAN PRESS & TORSTAR NEWS SERVICE

INFORMATION

Police need ready access to web user data: RCMP

RCMP Commissioner Bob Paulson says the police force needs warrantless access to Internet subscriber data to keep pace with child predators and online criminals.

In June 2014, the Supreme Court of Canada ruled police must have a judge's authorization to obtain consumer online activities. The high court rejected the notion the federal privacy law governing companies allowed them to release identities voluntarily.

Paulson says he advocates giving police access to a customer's name and address while respecting the Charter.

THE CANADIAN PRESS

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IRAQ

Kurdish forces find ISIL tunnels

Under the Iraqi town of Sinjar, militants from the Islamic State of Iraq and the Levant (ISIL) built a network of tunnels, complete with sleeping quarters, wired with electricity and fortified with sandbags.

There, they had boxes of U.S.-made ammunition, medicines and copies of the Qur'an stashed on shelves.

The Associated Press obtained extensive video footage of the tunnels, which were uncovered by Kurdish forces that took the city in northwestern Iraq earlier this month after more than a year of ISIL rule.

"We found between 30 and 40 tunnels inside Sinjar," said Shamo Eado, a commander from Sinjar from the Iraqi Kurdish fighters known as peshmerga. "It was like a network inside the city."

"Daesh dug these trenches in order to hide from airstrikes and have free movement underground, as well as to store weapons and explosives," Eado said using an Arabic acronym for ISIL.

The video, shot by a freelancer touring the town with Kurdish fighters, showed two tunnels running several hundred metres, each starting and ending from houses, through holes knocked in walls or floors.

The narrow tunnels, carved in the rock apparently with jackhammers or other handheld equipment, are just tall enough for a man to stand in.

ISIL has been digging tunnels throughout the territory it controls in Iraq and Syria, even before the U.S.-led coalition launched its campaign of airstrikes against the group more than a year ago.

"This has been part of ISIL's strategy from the very beginning," said Lina Khatib, a senior research associate at the Arab Reform initiative, a Paris-based think-tank.

THE ASSOCIATED PRESS

TUNISIA

Militants say they were behind attack

The body of a suspected suicide bomber was found at the scene of an attack on Tunisia's presidential guard in Tunis as the Islamic State of Iraq and the Levant (ISIL) claimed responsibility Wednesday for the attack that left 13 people dead.

Tuesday's attack on a bus carrying Tunisia's presidential guards involved about 10 kilograms of military explosives, the Interior Ministry said.

The blast rattled the country after a violent year. If ISIL was indeed behind it, it is the latest of several major attacks in Europe and the Mideast seeding terror well beyond its base in Syria and Iraq.

Tunisian authorities discovered the body of a 13th person in the bus, believed to be the "terrorist who caused the explosion," the Interior Ministry said in a statement Wednesday.

Ministry spokesman Walid Louguini said this body couldn't be identified by fingerprints because no fingers were found. The ministry said a DNA analysis of the body is underway.

The government declared the blast a terrorist attack and imposed a 30-day nationwide state of emergency, with troops fanned out across the capital.

ISIL issued a statement Wednesday, saying a militant it identified as Abu Abdullah al-Tunisi carried out the attack after infiltrating the bus and killing around 20 "apostates."

THE ASSOCIATED PRESS

ON JUNE 26

Current suicide bombing follows earlier violence

Earlier this year, Tunisia suffered two major attacks by Islamic extremists that targeted tourist sites.

THE ASSOCIATED PRESS

Police officers on Wednesday secure the site of a suicide bombing Tuesday in Tunis. THE ASSOCIATED PRESS

S-400 air-defence missile systems make their way through Red Square during a rehearsal for the Victory Day military parade in Moscow in May 2013. The missiles are capable of striking targets within a 400-kilometre range. THE ASSOCIATED PRESS FILE

Putin orders move of missiles to Syria

RUSSIA

Response to Turkey's downing of Russian jet

In a move raising the potential threat of a Russia-NATO conflict, Russia said Wednesday it will deploy long-range air-defence missiles to its base in Syria and destroy targets that may threaten its warplanes following the downing of a Russian military jet by Turkey.

The incident was the first time in 50 years that a NATO member shot down a Russian plane. If Russia responds by downing a Turkish plane, Turkey could proclaim itself under attack and ask the alliance for military assistance.

Most observers believe a direct military confrontation is unlikely, but the shooting down of the plane will further fuel the Syrian conflict and complicate international peace efforts.

The situation is also alarming because the Russian and Turkish presidents both pose as strong leaders and would be reluctant to back down and seek a compromise.

The S-400 missiles, which Russian President Vladimir Putin ordered sent to the Hemeimeem air base in Syria's province of Latakia, just 50 kilometres away from the border with Turkey, are capable of striking targets within a 400-kilometre range with deadly precision. The military also moved the navy missile cruiser Moskva closer to the shore to help protect Russian warplanes with its long-range Fort air defence system. THE ASSOCIATED PRESS

RESCUE

Rebels kill pilot after pair parachute from aircraft

Two Russian pilots parachuted from their aircraft Tuesday near the border with Turkey after a Turkish F-16 fighter jet hit their plane with a TOW missile.

Syrian rebels on the ground fatally shot the pilot. The co-pilot landed in ravines, where a Syrian commando unit rescued him. THE ASSOCIATED PRESS

BELGIUM

Armed police meet returning students

When Annelaure Leger dropped off her two children at school on Wednesday, it was like nearly every other day — except for the machine-gun-toting police officer.

After a two-day school shutdown sparked by a threat alert across the Belgian capital, Brussels resident Leger was relieved classes were back in session.

Though Brussels continues to be under the highest-level threat alert, meaning authorities fear a serious and imminent attack, schools and subways began reopening across the city on Wednesday. That is restoring a sense of normality in the city, parts of which have been deserted since the alert was first raised to the top level in the capital on Saturday.

> **"I've told my children they have to be careful, but life must go on and they have to go back to school now.**
>
> Dimitri De Cra Yencour, a father of four

The terrorism threat level is expected to be in place until at least Monday unless there are significant developments, like the capturing of suspects linked to the Paris terrorist attacks on Nov. 13, who are believed to be in Belgium.

At Brussels' College Saint-Jean-Berchmans, many parents had a word with school officials or the police officers guarding the entrance. Some experts warned that without a further explanation of the situation, officials risked undermining the public's trust.

"It seems paradoxical to say that (Brussels) is still at the highest threat level but it's OK to open schools and subways," said Neil Greenberg, a professor of mental health at King's College London. "It's not very helpful to reassure people that everything is safe without sharing more information about what has actually been done."

THE ASSOCIATED PRESS

Protesters march during a protest in Chicago on Tuesday for 17-year-old Laquan McDonald, who was fatally shot and killed in October 2014. PAUL BEATY/THE ASSOCIATED PRESS

City holding its breath

CHICAGO

Footage of black teen's death launches protests

The white officer who shot a black Chicago teen 16 times has been charged with murder and jailed. The graphic video of the slaying has been made public. And in the hours after the footage was released, protesters seemed to honour pleas for restraint.

The question now is whether those efforts will be enough to address the simmering resentment that authorities took more than a year to share the footage and charge the officer who emptied an entire magazine into the teen even after he had crumpled to the ground.

City officials and community leaders had long braced for the release of the dash-cam video showing the death of 17-year-old Laquan McDonald. They feared the kind of turmoil that occurred in cities such as Baltimore and Ferguson, Missouri, after young black men were slain by police or died in police custody.

A judge ordered that the recording be made public by Wednesday. Moments before it was released, the mayor and the police chief urged protesters to stay calm.

Mayor Rahm Emanuel said residents will "have to make an important judgment about our city and ourselves and go forward." He referred to the episode as a potential "moment of understanding and learning." THE ASSOCIATED PRESS

IN BRIEF

N.Y. subway ads with Nazi imagery cause outrage

An ad campaign that featured Nazi imagery has been pulled from the New York City subway system.

Seats on the 42nd Street shuttle between Times Square and Grand Central Terminal were wrapped in Nazi images to promote an Amazon video series called The Man in the High Castle, depicting the U.S. if the Axis powers triumphed. THE ASSOCIATED PRESS

Mexican border crossings double same time 2014

Nearly 5,000 unaccompanied immigrant children were caught illegally crossing the U.S. border with Mexico in October, almost double the number from October 2014, according to U.S. Customs and Border Protection data.

The number of family members crossing together nearly tripled from October 2014 — from 2,162 to 6,029. THE ASSOCIATED PRESS

AFGHANISTAN

Hospital bombing broke rules: Officials

American soldiers and airmen who killed and wounded dozens of civilians in a strike on an Afghanistan hospital violated U.S. rules of engagement and have been suspended as they await disciplinary action that could include criminal charges, military officials said Wednesday.

Briefing reporters on the results of two investigations, Gen. John Campbell, the U.S. commander in Afghanistan, described an egregious series

> **"This was a tragic but avoidable accident caused primarily by human error.**
> Gen. John Campbell

of human and technical failures that led a U.S. warplane to destroy a medical charity's hospital in northern Afghanistan last month. Campbell and other officials would not say how many people had been removed from their jobs or whether anyone higher in the chain of command would be subject to discipline.

"This was a tragic but avoidable accident caused primarily by human error," Campbell said. He left open the possibility that disciplinary action, which has yet to be determined, could include courts-martial.

Christopher Stokes, general director of Doctors Without Borders, whose hospital was attacked, said the U.S. military's statements Wednesday left his organization with more questions than answers.

"The frightening catalogue of errors outlined today illustrates gross negligence on the part of U.S. forces and violations of the rules of war.," Stokes said. THE ASSOCIATED PRESS

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BAMAKO HOTEL ATTACK

19 victims to get Mali medals

Mali's president said Wednesday that he would bestow medals on the 19 people killed during an assault at a luxury hotel in the capital last week, as funerals were held for three of its employees.

"All Malians are moved today," Ibrahim Boubacar Keita said while announcing the awarding of the National Order of Mali medals during an afternoon ceremony at a soccer field in Bamako.

The funerals were held on the final day of a three-day period of national mourning for those killed in the assault on the Radisson Blu hotel, the second attack executed by Islamic extremists in Bamako this year.

> **All Malians are moved today.**
> Ibrahim Boubacar Keita

"I feel a deep pain," said Tenin Diallo, the aunt of slain 30-year-old Hawa Maiga, who began working at the hotel last year. "She was the first daughter of my sister. The first daughter of a family is very important, like a third pillar of the family after the father and mother. She was born in my arms, and I gave her her first bath."

On Tuesday, Wolfgang M. Neumann, president of the Rezidor Hotel Group that operates the hotel, said the hotel would re-open "as soon as possible." THE ASSOCIATED PRESS

ISRAEL

Wave of stabbings continues

A Palestinian assailant was shot and killed by Israeli forces after stabbing and seriously wounding an Israeli soldier in the West Bank on Wednesday, the latest in a two-month wave of violence.

The Israeli military said the soldier was stabbed at a junction near the West Bank city of Hebron. Troops on the scene shot the attacker, who later died in a Jerusalem hospital.

The attack comes a day after U.S. Secretary of State John Kerry visited the region to try to calm tensions — with little apparent success.

The violence erupted in mid-September over tensions surrounding a sensitive Jerusalem holy site and quickly spread across Israel and into the West Bank and Gaza Strip. The past week has been the deadliest so far.

Attacks by Palestinians have killed 19 Israelis and 91 Palestinians have been killed by Israeli fire. Israel said 58 of them were assailants. The rest were killed in clashes with Israeli forces.

Also Wednesday, the Palestinian health ministry said Ibrahim Dawoud, a 16-year-old Palestinian, died from bullet wounds he sustained in clashes with Israeli troops in Ramallah in mid-November.

Israel says the violence stems from Palestinian incitement and incendiary videos on social media. THE ASSOCIATED PRESS

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Gazprom's Moscow headquarters. Russia's state-run gas company said it had stopped shipments to Ukraine on Wednesday; Kyiv said it halted the purchases. THE ASSOCIATED PRESS FILE

Ukraine giving Russia gas pains

ESCALATING TENSION

Kyiv also bars country's planes from its airspace

Tensions between Russia and Ukraine escalated Wednesday as Ukraine decided to stop buying Russian natural gas — hoping to rely on supplies from other countries — and closed its airspace to its eastern neighbour.

Russia's annexation of Crimea from Ukraine in March 2014 and its support for separatist rebels in the east has brought relations between the two countries to a post-Soviet low. Ukraine has since been trying to cut its dependence on Russian gas.

Russia's state-controlled gas company, Gazprom, said Wednesday that it stopped sending gas to Ukraine on Wednesday morning and will supply no more because Ukraine has not paid in advance for more deliveries.

Ukraine said it was its own decision to stop buying gas from Russia after it was offered better prices by other European countries. Those other countries import gas from Russia but can pipe it back to Ukraine.

Gazprom CEO Alexei Miller on Wednesday warned Ukraine and Europe of possible gas disruptions following the cut-off. Russia uses Ukraine's pipelines to transport part of its gas deliveries to other European countries.

Ukraine's "refusal to buy Russian gas threatens a safe gas transit to Europe through Ukraine and gas supplies to Ukraine consumers in the coming winter," Miller said.

The Gazprom chief said Ukraine had been buying up gas to store for the coming winter in the past two months but claimed it was not enough to get it through the winter.

On the other hand the European Commission, the EU's executive arm, which has been mediating the gas row between the sides, noted that Ukraine's gas reserves are well stocked and that recent mild weather means that consumption has been below average.

"We are not particularly concerned about the gas flows from Russia to Ukraine at the moment," said commission spokeswoman Anna-Kaisa Itkonen.

Past gas disputes between Russia and Ukraine have led to cutoffs. A standoff in 2009 caused serious disruptions in shipments to EU countries in the dead of winter.

Ukrainian Prime Minister Arseny Yatsenyuk also announced that his government has decided to close the country's airspace to all Russian planes as "an issue of the national security as well as a response to Russia's aggressive actions.'

Ukraine last month banned all Russian airlines from flying into Ukraine but Russian planes have been allowed to fly over its territory. THE ASSOCIATED PRESS

MORE DETAILS

Short-lived deal

The stoppage comes less than two months after an EU-brokered deal ensured supplies through March 2016. Russia lowered the price it charged Ukraine to what it charges neighbouring countries, from $251 US per 1,000 cubic meters to about $230 US. THE ASSOCIATED PRESS

Breakup Shop dumps your partner so you don't have to

ENTREPRENEURSHIP

Services range from basic text to special $80 gift pack

Mallory Chate
For Metro | Toronto

Two brothers are turning what can be one of the messiest of life situations into a business.

The Breakup Shop hit the market two weeks ago, not too long after Mackenzie Keast, a Torontonian and co-founder, was "ghosted" by a woman he'd been seeing casually.

No email. No letter. Not even a Snapchat. She simply disappeared. And it got Keast thinking — maybe there's a market out there for helping people who say they want out.

Keast and his brother, Evan, started building the plan and are recruiting what they call "heartbreakers" — people who will help craft on-demand messages the shop will send to people who enlist their services.

Those services range from the very basic Snapchat messages to flower bouquets accompanied by a text to personalized breakup phone calls, placed of course by one of the heartbreakers. Prices start at $5 and go up from there depending on the level of service.

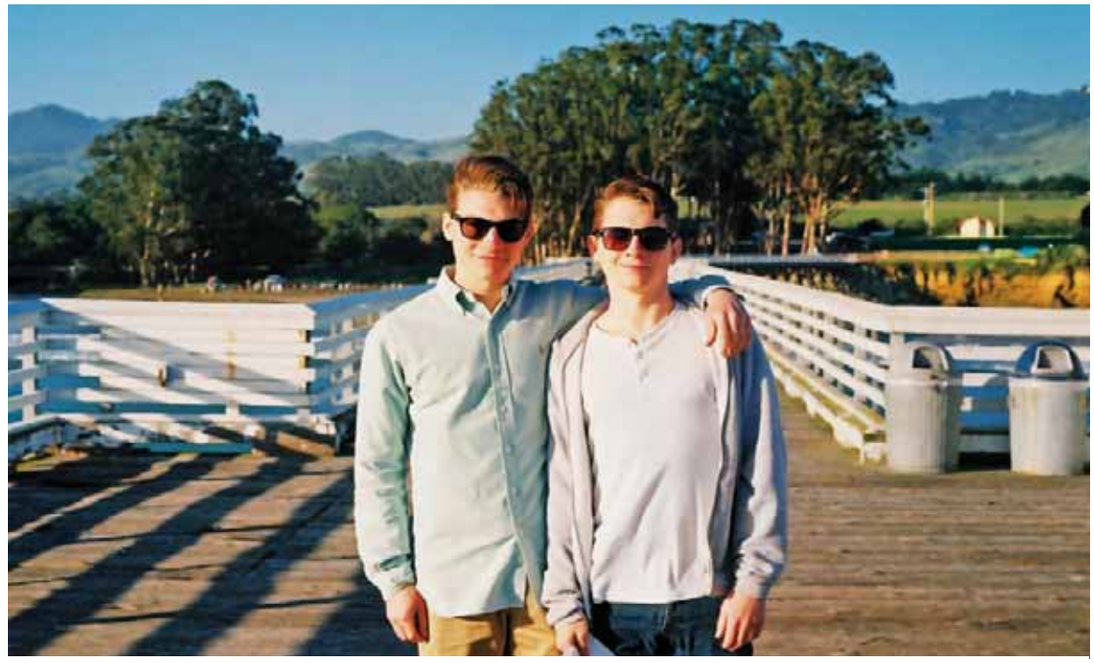
Customers can add to any package by sending items like copies of The Notebook or cookies through the company's online gift shop. One option — the $80 breakup gift pack — comes packaged in a box called the "memory oven," which the creators suggest filling with memories of your ex and setting on fire.

"Give us the money and we will give you the service," Keast said.

While they're not love experts, the brothers have, over the years, "been on both sides" of the difficult-to-end relationship equation, Keast noted.

That said, they're looking to hire at least some heartbreakers with backgrounds in things like couples therapy and psychology.

They're also looking to expand into face-to-face breakups, carried out, of course, by a complete stranger.



Stuck in a tough love situation? The brothers behind The Breakup Shop say they might have the solution. BREAKUPSHOP.COM

Sample breakup email.
BREAKUPSHOP.COM

Sample breakup text.
BREAKUPSHOP.COM

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FINANCE

Health-care real estate draws investor interest in Canada

As aging baby boomers fuel growing demand for health-care services, investors are increasingly turning their attention to medical office buildings — a niche within the real estate market that some argue is recession proof.

"Doctors are paid by the government in Canada, so they're pretty secure tenants," says Huy Lam, a broker at Colliers International who specializes in the health-care real estate space.

Lam says demand for medical office buildings in Canada has been on the rise in recent years, a trend he expects to continue as the number of seniors in the country balloons.

> **We believe that pricing is relatively attractive right now for certain health-care assets.**
> Peter Ballon, Canada Pension Plan Investment Board

Ownership in the space is fragmented — everyone from institutional investors such as pension funds to real estate investment trusts to wealthy individuals — making it difficult to quantify how much money is flooding in.

But Colliers forecasts more than $211 million in medical office building sales in Ontario alone this year. That compares with $126 million back in 2011, according to data compiled by the commercial real estate brokerage. THE CANADIAN PRESS

RETAIL

Black Friday sales boom predicted

Despite recent challenges faced by Canada's retail sector, analysts have a rosy outlook for the looming holiday shopping season — particularly on Black Friday and Cyber Monday.

Rob Cameron, chief product and marketing officer of processing payments firm Moneris, said there has been an increase in sales on both days for the last four years.

Despite the high-profile departure of U.S. discount chain Target from Canada, along with the closures of Mexx, Boutique Jacob and Smart Set, consumers continue to spend. Cameron said retail sales are up around six per cent this year.

"I think this Black Friday ... we would anticipate it being a larger increase than last year, so we tell retailers to be ready for more sales," said Cameron.

He added that e-commerce retailers are also expecting strong sales and experts predict a surge in online transactions.

"We expect Cyber Monday to again be a double-digit increase year over year." THE CANADIAN PRESS

AGRICULTURE

Climate change takes toll on coffee farmers

Luka Kinyere felt the wet, dark volcanic soil in his calloused palm, thankful for the rain that was falling again after a dry spell.

Although the coffee plants in his plantation were turning green, dry conditions had doomed his chances of turning a profit from this year's second harvest.

Here in the foothills of Uganda's Rwenzori Mountains near the border with Congo, coffee is the lifeblood of many families, and men like the polygamous Kinyere need great coffee yields to run their households.

But their success is threatened by climate change, which has warmed the region over the years, encouraging pests and diseases and bringing erratic but intense rains that erode fertile earth. Consequently, harvests have become unpredictable.

Many of the plants in Kinyere's estate are infected with leaf rust, a fungal disease that coffee production experts here say has become more prevalent because of rising temperatures. When the rust infects a coffee estate, the leaves of some plants develop yellow spots and fall prematurely. The result is a delayed harvest with coffee beans so small they can't fetch a good price in the market.

Although many locals here know about climate change, which will be the focus of an upcoming UN conference where African countries hope to play a major role, they are not equipped to deal with its impact on the quality and quantity of their agricultural output.

Kinyere mulched his two-acre plantation and dug trenches to conserve water when it rains, but that won't help when a dry spell lasts more than several months. And often he can't afford to apply herbicides when dangerous diseases invade his estate. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, November 26, 2015

CHANTAL HÉBERT: ON THE CHARBONNEAU COMMISSION

As Justin Trudeau's government ponders how best to fulfil its commitment to a national inquiry into missing and murdered aboriginal women, the Quebec experience offers a few pointers.

The release on Tuesday of the long-awaited report of the Quebec public inquiry into corruption in the construction industry served as a timely reminder that it's a rare commission that lives up to the expectations that preside over its creation.

It did not formally blame a single elected or non-elected individual for the corruption and collusion that has run rampant in the province's governance system. The commission sketched out patterns of systemic collusion in some details but failed or declined to connect the dots.

Justice France Charbonneau and her co-commissioner, former Quebec auditor general Renaud Lachance, could not even agree that an indirect link between illicit industry donations to the province's political parties and the awarding of public works contracts had been established.

As Justin Trudeau's government ponders how to fulfil its commitment to a national inquiry into missing and murdered aboriginal women, the Quebec experience offers a few pointers.

That starts with a workable mandate. The Charbonneau commission has been compared to the decade-old inquiry into the federal sponsorship program. But justice John Gomery's work was focused on a single federal program. Charbonneau's mandate was more open-ended. The construction industry interacts with Quebec politics at all levels of government.

The line between an overabundant choice of avenues and a lack of direction is a thin one. From the outside, the Charbonneau commission frequently looked like a rudderless boat on an ocean-fishing expedition.

Just prior to its year-end break in 2012, the inquiry released an extensive blue-ribbon list of guests at a Montreal private club. The rationale for bringing up the list remains a mystery. There are other examples of testimony of little apparent relevance to the final report.

Gomery's sponsorship inquiry heard from two (past and present) Liberal prime ministers. The Charbonneau commission — even as it deemed to explore political financing — called neither former Quebec premier Jean Charest nor any other provincial leader to testify at its public hearings.

Then there are the perils of an elastic timeline.

The Charbonneau inquiry was set up in 2011. It was subsequently extended twice for a total of 25 months. Its four years of existence stretched over three Quebec governments and as many premiers.

With every extension, the impetus that had led to its launch seeped away. The reputations of some public personalities were left twisting in the wind for months.

Last year, former construction magnate Tony Accurso threw a bombshell at the inquiry hearings when he testified he had funnelled $250,000 to former Montreal police chief Jacques Duchesneau to pay off the debts accumulated over the latter's failed 1998 mayoral campaign.

Accurso claimed he had a paper trail to document the payoff. But on Tuesday, the commission reported the promised proof never materialized. That was after Duchesneau spent a year under the cloud of Accurso's allegations.

The Charbonneau commission cost Quebec taxpayers $45 million. Its final report ran more than 1,700 pages. On Tuesday, Philippe Couillard's government threw it out to the public with no advance lock-up to give media the opportunity to take stock of its voluminous content and its 60 recommendations.

The predictable result was that much of the initial coverage focused on the bright shiny object of the irreconcilable difference of opinion between the two commissioners as to the relationship between party financing and provincial public spending. Quebec's ruling political class had a better day Tuesday than the commission that reported on the many failings on its watch.

Ultimately, the Charbonneau commission best accomplished its mission on the front of public awareness. Its hearings vividly illustrated the toll corruption and collusion have taken on public services. And they did demonstrate that the problem was systemic. Time will tell whether those findings translate into a lasting change in ethical culture.

The upcoming federal inquiry into missing and murdered aboriginal women will also serve a public-education purpose and undoubtedly raise the profile of an issue that cries for more attention. But based on Quebec's just-completed inquiry, care should be taken to ensure the exercise results in more than allowing a government to tick a sensitive item off its bucket list.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Cat Cafés

Wannabe pet owners starved for time or space have a fresh option: mix coffee time with cuddles at a cat café. These coffee shops allow you to bond with resident cats, often shelter animals available to a good home. The feline-friendly restos are popular throughout Asia, particularly in Japan, but are popping up across Canada. Montreal was first to pounce on the fad. Now Ontario has cat cafés in Guelph and Toronto and there's another planned for Vancouver. If you want mo' cat with your mocha, go to Montreal. Quebec's laws on these café/petting zoo hybrids are the most lax, so felines can mix and mingle in the eatery. Not so in Ontario, where laws dictate the pets must be kept in a separate room. Still, it's the perfect solution for those with cat commitment issues — speed-dating, but with more fur. METRO

metroview

Make it easier to make things right for wrongfully convicted

Diane Baker Mason
For Metro

Earlier this month, a funeral was held for Romeo Phillion. Romeo was 76. He spent 31 of those 76 years in prison for a murder he didn't commit. He was convicted despite both the police and the Crown having in their hands a police report confirming his alibi — a report they did not provide to his lawyer.

Romeo was one of Canada's wrongly convicted: a victim of a "miscarriage of justice." People who are wrongly convicted have little hope of righting that wrong. They go to prison. Sometimes, as in Phillion's case, for decades. Sometimes for the rest of their lives.

That innocent people go to jail is something the un-jailed populace would prefer to believe doesn't happen. We would all like to believe that tales of wrongful convictions — populated as they are by dishonest cops, unreliable evidence and mistaken witnesses — are the stuff of Hollywood melodrama. Who hasn't cringed at the innocent prisoner in The Shawshank Redemption, crawling through the sewer to get his freedom back?

Canadian victims of wrongful convictions have to do another type of crawling — uphill, towards a review of their case by the minister of justice. These rare applications are usually undertaken with the assistance of a volunteer group, such as the Innocence Project or the Association in Defence of the Wrongly Convicted (AIDWYC). It's grindingly slow and often made slower by authorities in no hurry to produce information and documents. Faced with the possibility that an innocent person is in jail, many circle their wagons, providing only minimal cooperation. This is particularly disturbing when it turns out the application has merit.

How to encourage the authorities to be more accommodating? Since their reluctance might be caused in part by fear of exposure to a lawsuit by the exonerated victim, the creation of a compensation fund in the nature of the already-existing Criminal Injuries Compensation Fund might reduce that concern. In addition, an overseeing authority, such as an ombudsman, could be authorized to supervise the application process, ensuring that information and documentation is produced on a timeline, and assist the applicant's advocates if they are stonewalled.

In Romeo's case, it was 11 years between the Innocence Project and AIDWYC accepting his case and the Ontario Court of Appeal overturning his conviction. It would have been much less had his advocates not had to wrestle with the authorities to obtain documents and information. And that, as the saying goes, is a crime.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

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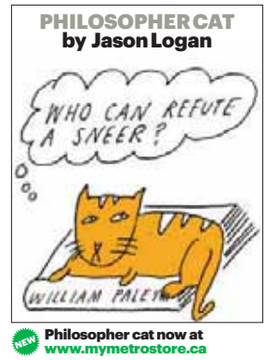

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metro LIFE
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Pope Francis to publish his first book in January

Hibernate with these books

WINTER

Here are nine reads we wouldn't mind on a snow day

With winter's chill settling over most of the country, its time to grab a blanket, brew some tea or heat some cocoa, and curl up with a good book. Thousands of great reads were released this year, so choosing one may be difficult. To help you out, we pared down the list of top critics' picks to what we think are the top non-fiction and fiction books of 2015.

It's time for wool socks, a cup of tea and a good book. ISTOCK

Non-Fiction

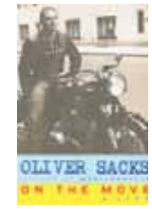
H is for Hawk by Helen MacDonald

Published in North America this year (it debuted in the U.K. in 2014), Helen MacDonald's unusual memoir captured the hearts and imaginations of reviewers all over the continent. A Torstar reviewer called it: "An astonishing memoir of grief and love, of loss and connection, H Is For Hawk is nature writing for the new century, resonant and accessible, wise and fragile. Like the goshawk upon which it centers, it is a thing of beauty, of blood, of violence, of joy;" "a memoir about dealing with grief (the death of her father) … it is seldom that such a thoughtful accomplished book touches a nerve with ordinary readers; "this award-winning book is soaringly original and gorgeously written."

The Dorito Effect by Mark Schatzker

This is not your average food book. Mark Schatzker uses science to shed light on the connection between nutrition and flavour — showing how our tastebuds no longer lead us to the most nutritious food, but to foods that are leading us into obesity and diabetes. Here's what our reviewers had to say: "fabulous research into why food has no taste and why we need to demand more;" "The best part? The solution he lays out involves a lot of good eating: top-quality, fresh, local, seasonal produce that restores our taste buds' primary function. A game changer!

On The Move, Oliver Sacks



Neurologist Oliver Sacks was a storyteller — his expertise was science, but he made it accessible, educating us through telling stories of his patients in Awakenings and The Man Who Mistook His Wife For a Hat. Before his death in August, he was still enlightening us with stories and his memoir On The Move, touched readers everywhere, including our reviewers: "Sacks' thoughtful and conscientious approach to his own death served as a reminder of the writer and neurologist's deep engagement with the very nature of life. His memoir … brims with life even in the shadow of death;" "It isn't an exaggeration to say that Sacks was "beloved" for the freshness of his intellect, his enthusiasm, his fascination with the workings of human beings. And the publication of this autobiography in the final months of his life was a brilliant cap to an admirable life."

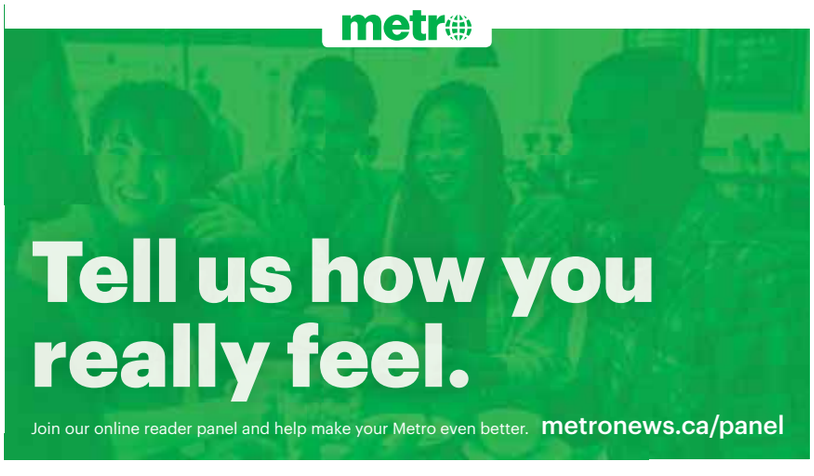
Fiction

Martin John, Anakana Schofield

Anakana Schofield has hit the publishing world like a storm. This book was nominated for the Scotiabank Giller Prize despite being about an uncomfortable subject: inside the mind of a sexual deviant. Still, our reviewers picked this as one of the top five of the year with comments such as: "Formally audacious and incisive writing that's also got plenty of heart and quirk;" "admiring the stylistic and thematic risks Schofield has taken with it;" "a novel that mirrors its protagonist's obsessive and deviant behavior in its elastic prose;" "a case study in mother-son drama where mental illness and an overbearing parent collide ... A dark, comic and moving portrait of the guilt, pain and suffering of the mentally ill."

The Girl on the Train, Paula Hawkins

It's not often a first-time novelist dominates the top of the best-seller lists for a year. But that's exactly what Hawkins has accomplished with The Girl on The Train. Our reviewers agree: "In this fresh, female-focused psychological chiller, a young woman is drawn into a mystery involving people she observes during her daily London commute. Paula Hawkins' bestselling debut novel is an addictive page-turner with intoxicating characters, unflagging suspense and sharp insights into women's lives and relationships." TORSTAR NEWS SERVICE



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Glory in the art of Florence

Florence's art spanning 500 years is assembled and explained by art historians Ross King and Anja Grebe in Florence: The Paintings and Frescoes, 1250-1743 (Black Dog & Leventhal). Drawing on religion and myths deeply rooted in Italian culture, artists retold well-known stories by depicting angels, gods, saints and royalty as seen here. **TORSTAR NEWS SERVICE**

MICHELANGELO

Tondi Doni, 1504-07

Nude males lounge in the background, a heathen past behind the Holy Family in red, blue and orange creating a family circle in the foreground. They could be sculptures, with muscles delineated and robes folded and flowing. The Madonna is powerful, reaching behind her for the pudgy curly-haired infant, held safe in his foster father's arms. John the Baptist peaks from the corner. Created for the marriage of merchant Agnolo Doni, it hung in the couples' bedroom.

FRA ANGELICO

Black Death, 1420

Pestilence, famine and the Black Death shrank Florence from a thriving city of 120,000 people to a mere 42,000 souls. People pray and are comforted in a densely populated hillside village with wild beasts, lions, deer and dragons. Religion is salvation and comfort in the dark days.

MASOLINO DA PANICHE

Healing of the Cripple and Raising of Tabitha, 1423-28

Two different Biblical miracles — healing a crippled man and bringing a charitable woman back from the dead — are put together in one scene and attributed to Saint Peter.

FRA ANGELICO

Annunciation, 1438-45

The annunciation — when the angel came down to earth to tell Mary she was going to have a baby named Jesus — is a story frequently depicted. This light-filled painting hangs today in the convent where Fra Angelico lived as a member of the Dominican order at the convent of San Marco.

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Fairy tale hits all the right notes

NEW RELEASES

Glee star talks growing up, grandma

The angelic-voiced Chris Colfer may have broken through to TV stardom as Kurt Hummel on Glee when he sang Defying Gravity, but these days he's smashing sales records in the publishing industry as well.

His series of four volumes of revisionist fairy tales, under the umbrella title The Land of Stories, has been No. 1 on the New York Times bestseller list, while the first picture book inspired by the series, The Curvy Tree, debuted last month to strong sales. Fans of Colfer's fabulous fables are waiting for the boxed set, Adventures From the Land of Stories, to hit the streets on Nov. 24.

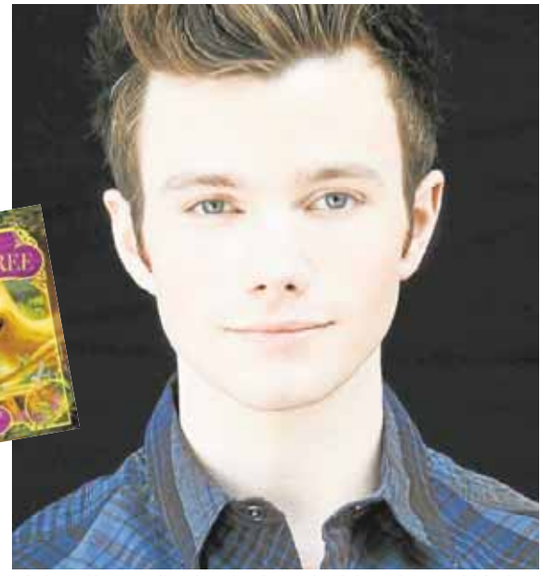
It's quite a lot for the 25-year-old from Clovis, Calif., to have on his plate, but on the phone from New York he seems just about the nicest young guy you'd ever want to chat with, lacking all of his alter-ego Kurt's sometimes abrasive fashionista baggage.

"Thank you for recognizing that Kurt and I are two different people," he says. "Don't get me wrong, I loved playing him, but we're not the same in so many ways. When I walked into my audition for Glee, I was a small-town kid wearing scruffy jeans and a shirt from Target."

In fact, when Colfer auditioned for the show, he was originally brought in to try out for the role of Artie. But the show's creator, Ryan Murphy, sensed something in Colfer and created Kurt for him.

"That was fantastic, sure, but I had to do a lot of homework really quick. I used to keep watching The Devil Wears Prada on repeat to soak up all the gestures and mannerisms. I don't think anybody ever guessed that I was channelling Meryl Streep's judgmental looks as Kurt."

Colfer made a big impression from the start when Glee hit the air in 2009, but it was the ninth episode that season, Wheels, that really did the trick. Colfer and Lea Michele's character Rachel battled over who would sing Defying Gravity from the musical Wicked.



Chris Colfer was first inspired to write fairy tales as a kid when his sister was suffering from seizures. AFP

"That came from my own life," says Colfer. "I always wanted to sing it in high school, but the teachers wouldn't let me because they said it was a girl's song. My grandmother finally let me sing it in the church where she was a reverend.

"That song meant the world to me. Wicked was about someone who nobody paid attention to and who had a sister with special needs."

Colfer's voice gets husky as he explains the next part of his story.

"When I was a kid, my sister, who was five years younger, was diagnosed with epilepsy. Sometimes she would have 50 seizures in an hour. It was a very, very difficult period for the whole family. That's when I started creating fairy tales in my head and writing them down. I just couldn't write enough and my grandmother persuaded me to wait.

"She said, 'Christopher, I think you should wait until you've done with elementary school before worrying about being a failed writer.'"

But when Colfer got to middle school he had other problems to deal with.

"That's when the bullying started. My voice may have matured over the years, but it's never changed. So there I was, a sensitive kid with an effeminate voice. I wasn't feminine in any of my mannerisms, but I was growing up in a very, very conservative place, so that was enough."

An agent had signed Colfer at 14 because of his amazing voice, "but I never got any work. I was always auditioning for the nerd trying to get laid or the jock with a heart of gold, and you can see why I didn't get any of those parts."

But two weeks into his first year at college, came the audition for Glee and the world shifted on its axis for Colfer.

"I think having someone like Kurt on the show changed things for a lot of kids. There I was, a gay guy who wasn't written to be a punching bag. Someone who had a soul behind the eyes. Someone who people were rooting for.

What kind of advice would Colfer offer to the kids out there struggling to define themselves?

"I'd say get out there and see the world. It's much bigger than your high school."

And then he thinks of a line he wrote in The Curvy Tree that sums it all up.

"Being different may have been difficult, but it's what saved me."

TORSTAR NEWS SERVICE

BOOKS CHERYL STRAYED'S BRAVE ENOUGH

Wild author releases new book

Author Cheryl Strayed has become somewhat of an advice guru. People were following her advice before even knowing it was Strayed who was giving it through her Dear Sugar column for The Rumpus. Replying anonymously to the desperate advice seekers who would write in, Strayed wove words to live by while also revealing much about her own personal life. After her identity was revealed, a compiliation of her Dear Sugar column turned into the best-selling book, Tiny Beautiful Things.

Then came Wild, Strayed's memoir and story of walking the Pacific Crest Trail shortly after her mother's death and after the demise of her marriage. The book, of course, was turned into a blockbuster movie starring Reese Witherspoon.

Now, Strayed is back with a new book, "Brave Enough." The book is a compilation of various Strayed-isms and life mottos. They are the type of phrases you write down and keep in your wallet, or at least tweet to your followers, giving them something to think about. Whether you want to gift a friend with something that could help them through a hard time or just want to feel inspired yourself, "Brave Enough" is a book worth checking out. EMILY LAURENCE/ METRO IN NEW YORK

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MEDIA PARTNERS

Mumblecore this is not

NEW RELEASES

The Clasp is an old-fashioned coming-of-age caper

Sue Carter
For Metro Canada

Mumblecore has become a go-to term to describe a certain type of low-budget indie film noted for being all real talk and no action.

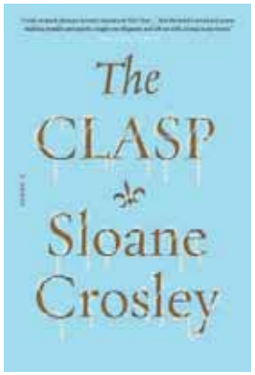
Made popular by directors like the Duplass Brothers, the films follow the mundane lives of characters in their 20s or 30s, typically caught in some kind of juvenile freeze-frame, dissatisfied with their lives, careers and relationships. Often there's an unrequited romance to be resolved at the end of the two hours.

If Sloane Crosley's debut novel, The Clasp, was adapted for film (which, Hollywood, take note, it should), it most likely would not be considered mumblecore.

Though her characters navigate the same soul-crushing realities of early adulthood, Crosley has wrapped their stories around an old-fashioned caper that shakes them out of their navel-gazing reality and into a French countryside chateau. In the sharp ways that she deals with social issues like wealth and class, Crosley is a closer cousin to Oscar Wilde than Lena Dunham.

The Clasp follows three 30-somethings reunited at a posh university friend's wedding. There's sad Victor, who was just fired from a second-rate search engine tech company; literary playboy Nathaniel, trying to make a living in Hollywood selling screenplays about fake superheroes; and beloved Kezia, who works for a tyrannical jewellery designer. After Victor is woken up by the mother of the groom after passing out in her bed, she reveals to him a story about a valuable necklace stolen during the Nazi raids that may have been linked to Guy de Maupassant's classic heartbreak of a story, The Necklace.

When the mother dies suddenly, and her jewellery goes missing, the trio ends up in France, chasing each other, the necklace and some desire to change their lives.



Crosley, who gave up her long-time publishing job to write full-time, says her first love was fiction. She completed her first novel in college but the manuscript never made it very far. It was with her two collections of personal essays, I Was Told There'd Be Cake and How Did You Get This Number where she made her mark as a humorist in the vein of David Rakoff or David Sedaris. Both collections became New York Times bestsellers, with I Was Told There'd Be Cake optioned for an HBO series.

Crosley's 140-character zingers have also made her a favourite online, as have her book trailers, the latest of which stars Amanda Seyfried and her dog. (She had a cameo on Gossip Girl, to give a sense of her place within the New York literary scene.)

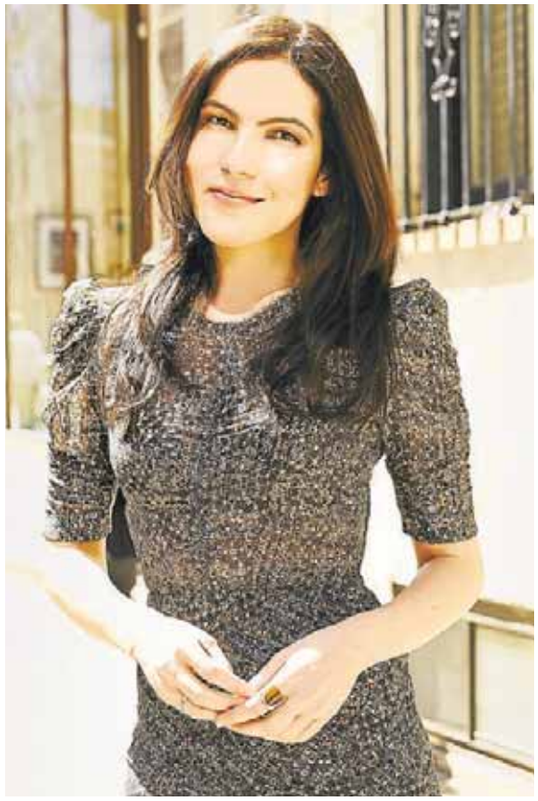
The Clasp took five years to complete, a much longer stretch, Crosley says, than her non-fiction work.

She moved around frequently, retreating to friends' homes to write. She used her experience in Los Angeles working on various pilots as research for Nathaniel's character, and relied on a friend's expertise to capture the details of working nine to five for a tech company.

While researching the mechanics of jewellery production, Crosley started her own fake line to make sure she got it right. She even rented out her apartment on Airbnb so she could afford some time at a château in Normandy.

While this detail gives The Clasp believability within a rather absurd plot, it's Crosley's dry but empathetic wit and observational power that makes this book a real gem.

Sue Carter is the editor at Quill & Quire magazine.



Sloane Crosley has just published her first novel , which revolves around the lives of a group of 30-somethings reunited at a friend's wedding. CAITLIN MITCHELL

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

TV's Code Black has legs

CODE BLACK, SEASON ONE, EPISODE SEVEN (CTV)

Code Black is the best new network show in ages, according to Johanna Schneller. CONTRIBUTED

The emergency room at Angels Memorial Hospital in L.A. is wall-to-wall as usual, this time with victims from a car crash at a street fair.

The woman on the gurney has lost both her legs at the knee, and is hemorrhaging. An EMT driver hands a plastic bag to an intern.

"It's her legs," the driver says. The intern stares into the bag.

"Drop it," says Dr. Leanne Rorish, his supervisor, and head of the ER. The intern gapes at her. "I mean it, drop it," she repeats. "Her legs are worthless if she bleeds out." The intern drops the bag.

This is the best new network show in ages, for three reasons: Marcia Gay Harden, the latest in a long line of terrific but underused film actresses who find new purpose on TV, who plays Leanne.

The gimmick of the series is catchy — code black is the term for an ER that's flooded with more patients than it can handle — and the excellent close-up camera work makes the war zone mood feel authentic.

But what gives it meaning Harden's kick-ass control. I loved her slinky, scary-smart corporate fixer on The Newsroom: The way she delivered bad news while flirting was a hoot.

Here, she's always doing three things at once, believably — saving patients, teaching students, and keeping a cool eye on everyone's personal dynamics. She's economical in her words and movements, so a pat on the back or wry comment speaks volumes. She's incapable of a false note.

SCREAM QUEENS

Palmer hopes to live another season

Actress Keke Palmer is a little relieved shooting for Scream Queens is over, so she can focus on her music. But that doesn't mean she's about to give us any spoilers. When asked if her character on the Fox horror/comedy satire, sorority girl Zayday Williams, survives to come back for Season 2, all Palmer will offer is an elusive "I hope!" Metro caught up with Palmer to talk her career, music and horror.

You're into fashion, acting, singing — which one is your main passion?

I love them all. But I just finished Scream Queens and I'm getting ready to do Grease with Fox, but that's a bit more leisurely in the beginning, so now my focus can be on my music. I have the time to really work the way I want to work, since I don't have to be on set. So my main focus is finishing my album and just really getting the right sound.

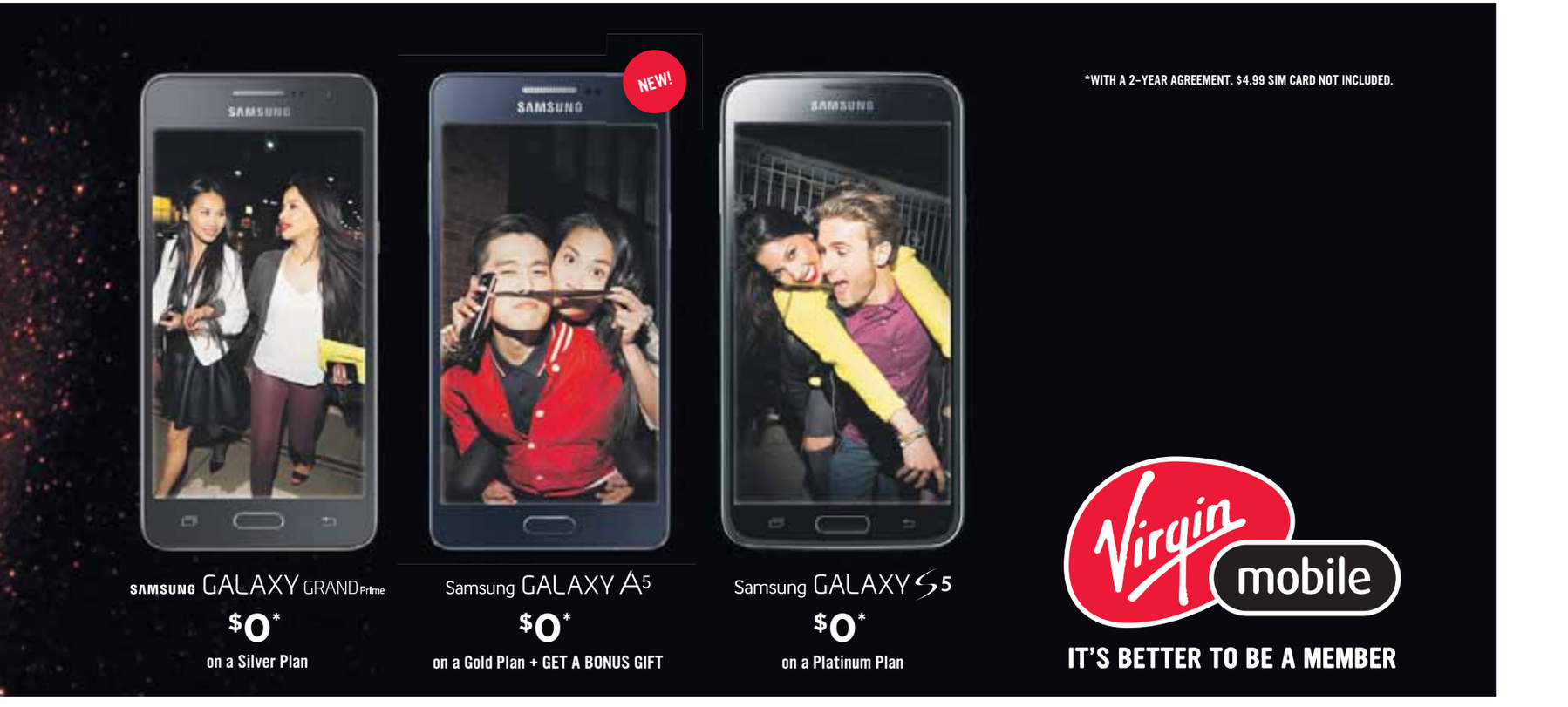
Who are your biggest music influences?

Brandy is one of the biggest. Of course, Michael Jackson — he's everybody's influence. Aliyah, TLC, Mariah Carey, always been a big fan of hers. For people now who inspire me — Drake. He's very talented and he's no one genre. It doesn't matter the type of genre you listen to, you can hear his music and enjoy it. Same with The Weeknd.

Are you a big horror fan?

Of course, the biggest. I love Scream Queens so much because it blends my two favourites, horror and comedy.

RACHEL VIGODA/ METRO IN NEW YORK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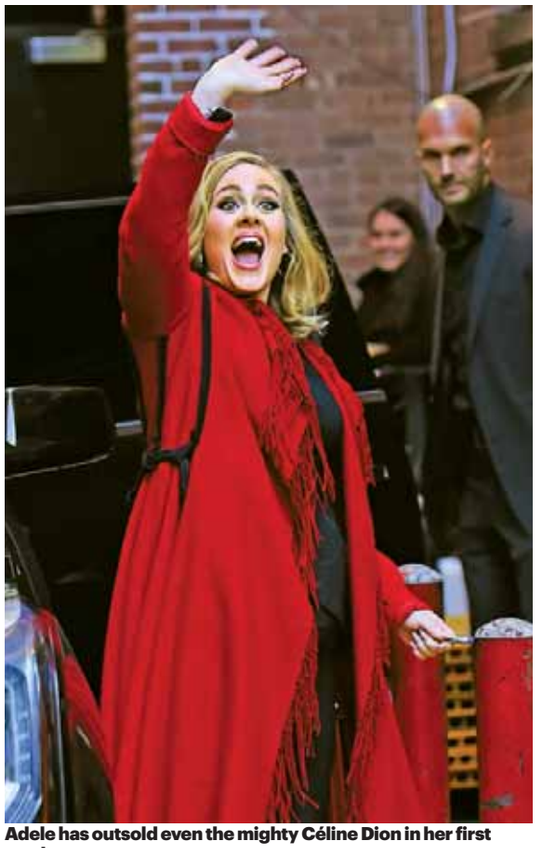

Adele has outsold even the mighty Céline Dion in her first week. JOSIAH KAMAU/GETTY IMAGES

How Adele beat Céline

25

You don't give heartache away for free in this business

In the Nov. 21 Saturday Night Live sketch A Thanksgiving Miracle, an awkward Thanksgiving is saved when a family's political squabbles are interrupted by Adele's Hello.

As the soaring ballad plays from a clunky old CD player, the family (including Matthew McConaughey in grandpa garb) leaps from their seats for a sepia-drenched, wind-machine-assisted sing-along.

This week proved it: Adele is someone we can all agree on. On Wednesday, Nielsen reported that Adele's album 25 sold 260,000 copies in Canada alone in just five days, breaking Céline Dion's 230,000 first-week sales record for 1997's Let's Talk About Love.

Nielsen has collected stats on first-week sales only since 1991 in the U.S. and 1995 in Canada — we'll never know where pre-Soundscan blockbusters such as Michael Jackson's Bad would rank.

Supplanting the chest-pounding diva and the heart-throb boy band was a feat considered impossible in a world of music freebies. Here are five ways that Adele made chart miracles happen.

Adele for all

"Adele's music is popular with all demographics," says Anita McOuat, partner at PwC and editor of PwC's Entertainment & Media Outlook 2015-2019. Her diverse fan base means she can afford to overstep streaming. "Many of the older demographic still buy CDs and still pay to download from iTunes or other digital services," says McOuat.

Bye Bye Bye to boy bands?

Though Adele dethroned 'N Sync in the U.S., make no mistake — teenage girls have not abandoned their historic throttle on the music industry.

McOuat notes that 'N Sync heir apparent Justin Bieber just charted 17 singles simultaneously on the Billboard Hot 100, breaking a record set by the Beatles. But people today prefer to listen their ballads as whole albums, while choosing their pop hits à la carte from digital or streaming services.

> **People want to hear it five, six times during their workday**
>
> Taylor Jukes of Virgin Radio, on the hit Hello

Off stream

While Bieber may be slam-dunking streaming records, you don't make Adele money by just giving heartache away for free. She famously pulled 25 from streaming, and can you blame her?

The Copyright Board of Canada ruled in May 2014 that artists would receive just 10 cents per every 1,000 streams of a song.

As hot as Hello

Lead single Hello, accompanied by its moody Xavier Dolan-directed video has been No. 1 on the Billboard Canada Hot 100 chart for four weeks.

"The outpouring of love for Adele was enormous before people even heard (the song)," says Taylor Jukes, Program Director at Toronto's Virgin Radio.

"Once they heard it they fell in love." Jukes, who predicts Hello will have legs well into 2016, says the public appetite is enormous. "We try to play it almost hourly if we can," she says. "People want to hear it five, six times during their workday."

Lucky 21

Even more persuasive than a killer first single? An instant classic album owned by 1.5 million Canadians.

"When you talk about what they are doing right with 25, you have to go back and look at all of the things they did right with 21," says Nielsen's Bakula.

"That's where the base for this was built. When we look at the numbers now for 25 and go, 'These are numbers we've never seen before,' let's rewind back to when we were saying the exact same thing about 21."

TORSTAR NEWS SERVICE

ADELE AT EVERY AGE

What if Adele kept releasing a new album corresponding to her age? We imagine the possibilities.

29 **Album:** 29 **Single:** Rolling in the Diapers

35 **Album:** 35 **Single:** Set Fire to the Rain 2023 (feat. Suri Cruise)

37 **Album:** 37 **Single:** Rumour Has It the Music Industry Thinks I'm Getting Old

42 **Album:** 42 **Single:** I'll Be Waiting for Soccer Practice

50 **Album:** A Very Festive 50 **Single:** Someone Likes Yule

60 **Album:** 60 **Single:** He Won't Go Use My Seniors Discount

69 **Album:** 69 **Single:** Thighfall

74 **Album:** 74 **Single:** When We Were Really, Really Young

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GOSSIP BRIEFS

Wu-Tang album sells for millions

The only copy of the infamous Wu-Tang Clan album Once Upon A Time In Shaolin has been sold at an auction to a secret bidder.

Auction house Paddle8 sold the record to an American buyer for an undisclosed sum that was "in the millions," reports The Los Angeles Times. Contractual restrictions mean the record's new owner will not be able to release any of the music commercially for 88 years.

The one-off Wu-Tang album in its artist-designed box. AFP

The 31-track album was completed in 2013 and has been stored in a vault in Marrakech, Morocco, in an engraved silver-and-nickel box designed by the artist Yahya.

The music is shrouded in secrecy but the group has revealed that it features a guest appearance from singer Cher. AFP

Cobain makes Heck of a debut

Kurt Cobain is back in the charts following the release of Montage of Heck: The Home Recordings.

The record starring the late Nirvana frontman has debuted in the No.1 position in the Billboard Soundtracks chart, Billboard reports. It has also entered the Alternative Albums chart at No. 6 and is currently placed No.11 on Top Rock Albums and No.121 on the Billboard 200.

The album was created to accompany a documentary of the rocker's life, Kurt Cobain: Montage of Heck, released this year. It features previously unheard material, including a cover version of The Beatles' song And I Love Her, alongside 12 other tracks. AFP

EXPANDING HER BRAND

Beyoncé steps up fashion game

Beyoncé Knowles is working with British retail tycoon Sir Philip Green on her own clothing brand.

Set to debut next spring, the fashion range will go on sale in 20 countries around the world.

As head of the Arcadia Group, Sir Philip Green owns a host of fashion retailers including Topshop, Dorothy Perkins, Burtons and Miss Selfridge.

The partnership is a concerted effort to take a bigger slice of the global 'streetwear' market — sneakers, athletic, casual clothing and accessories.

News that Beyoncé was considering a move into fashion first surfaced at the end of 2014 when it was revealed she'd held discussions with Green regarding the creation of a new global clothing company — Parkwood Topshop.

However, there had been no statements from either party until Wednesday when Arcadia Group's parent company gave a profit update and issued an official statement confirming that "We are developing our distribution globally for the launch of this exciting new brand in spring 2016." AFP

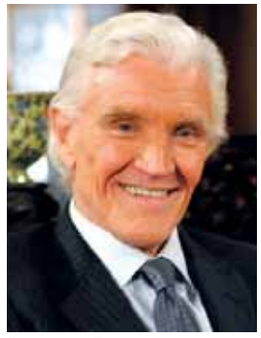
ALL MY CHILDREN

Popular daytime soap star dies

Longtime soap opera actor David Canary, best known for his role as twin brothers on All My Children, has died at age 77.

Canary died of natural causes on Nov. 16 at his home at The Greens at Cannondale in Wilton, Connecticut, Paul Pyrch of the Bouton Funeral Home said Wednesday.

Canary's career spanned more than five decades, with appearances in the films Hombre and Saint Valentine's Day Massacre before earning recurring roles on Peyton Place and Bonanza. In December 1983, he joined the cast of All My Children as twins Adam and Stuart Chandler. Playing the brothers — one evil and the other good-hearted — he acquired fame and five Daytime Emmy Awards.



Soap star David Canary ABC/THE ASSOCIATED PRESS

"For more than two decades David Canary defined daytime drama on ABC," the network wrote in a statement Tuesday. "Our hearts go out to his family and we mourn his passing."

Canary shunned the spotlight and preferred to live quietly with his wife and family.

He is survived by his wife, two children and a grandchild. THE ASSOCIATED PRESS

Cambodian fest has friend in Angie

ANGELINA JOLIE

Big star draws focus to rebirth of nation's film industry

The little-known Cambodia International Film Festival is getting a star-powered boost this year from Angelina Jolie Pitt.

The Hollywood star, who is currently in Cambodia filming her latest movie, will serve as president of the festival's honorary committee, organizers said.

The festival held in the capital, Phnom Penh, runs Dec. 4-10 and is screening 130 films from 34 countries.

"Cambodia's rich history, long culture and talented people mean it has a huge amount to offer the region and the world," Jolie Pitt said in a statement issued Tuesday by the festival. "I'm proud to support the Cambodia International Film Festival and Cambodia as a home for vibrant and innovative filmmaking."

Festival adviser Cedric Eloy, head of the Cambodian Film Commission, said Jolie Pitt's role would provide moral support and help "bring attention to the rebirth of the Cambodian film industry."

Angelina Jolie Pitt, UN High Commissioner for Refugees special envoy and co-founder of the Preventing Sexual Violence Initiative, visits Jan Mai Kaung refugee camp in Myanmar. HKUN LAT/THE ASSOCIATED PRESS

Cambodia's film industry was devastated by the murderous reign of the Khmer Rouge in the 1970s.

Jolie Pitt is currently filming an adaptation of a Khmer Rouge biography, First They Killed My Father, based on a 2000 memoir by Cambodian author and human rights activist Luong Ung. THE ASSOCIATED PRESS

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SHOPPERS DRUG MART

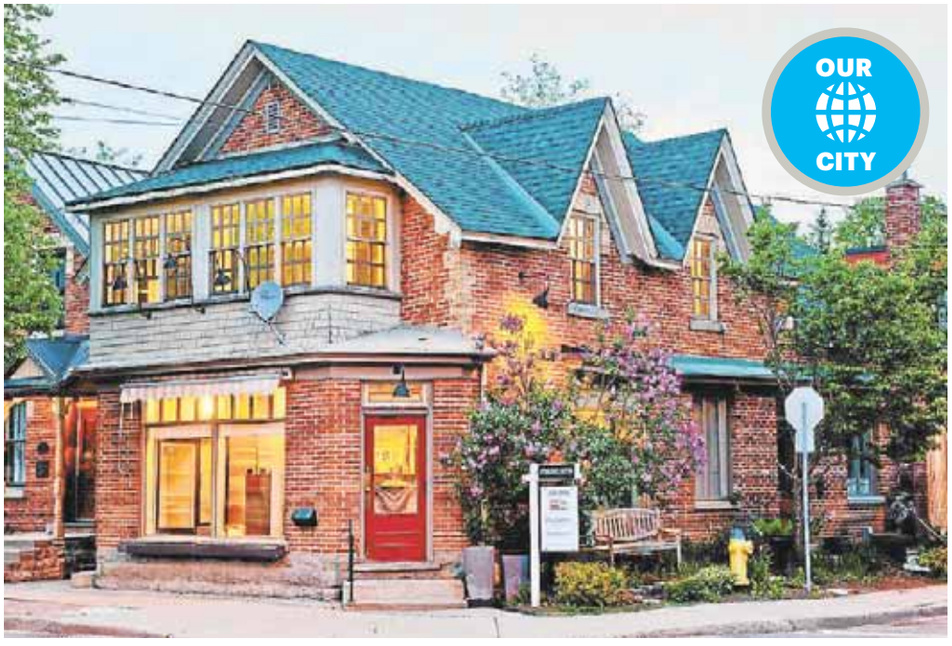
metro HOME
Your essential daily news
Seasonal decor: Rose hips from your plants make a colourful centrepiece addition

What they're a$king

Single-family homes are becoming harder to find, especially in the larger markets. Condos fill the need for growing cities, but if you want to start a family, there's nothing like a backyard. A two-bedroom house is a modest size for a growing family — here is a selection of unique homes on the market this week.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.



$650,000

Ottawa

This home at 42 Crichton St. in Lindenlea is zoned commercial with three units in total: Two large residential apartments and one commercial space is included. The building exterior is brick with wood shingles on a 27' x 65' lot. Listing agent Paul Jackson says this is a rare opportunity to own one of New Edinburgh's most iconic properties. Jackson is a sales representative with Royal LePage Performance Realty, 613-238-2801.

$679,900

Toronto

Here's a semi-detached home in Leslieville with two-car parking and overlooking Greenwood Park. The renovated kitchen has concrete counters and the living space features a fireplace and exposed brick. There's an updated main bathroom, finished basement with recreation room and a three-piece bath. The property features a private drive and garage with a patio and gardens. Listing agent Audrey Azad is with RE/Max Hallmark Realty, 416-699-9292.

$699,900

Halifax

For sale is this unique oceanfront home with commercial opportunities. The contemporary home was custom-built with a massive front deck and towering windows overlooking St. Margaret's Bay. The spacious birch kitchen opens out to the great room with soaring ceilings, a gas fireplace and floor-to-ceiling windows. The downstairs offers almost 2,000 sq. ft. of potential living space. Listing agent is Thomas Bagogloo from the Bagogloo Team, RE/Max nova, 902-830-9006.

$459,900

Calgary

This former bungalow show home includes upgrades such as vaulted ceilings, built-in cabinets and a three-sided fireplace. The main floor offers a good-sized kitchen with an island, pantry and nook. The master bedroom has a full en suite with soaker tub and walk-in closet. It's close to green spaces, shopping, schools and transit. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-08374.

$1,449,000

Vancouver

This cute single-family home is located on the Main Street corridor with a 4,000-sq.-ft. building lot, offering lots of potential for new construction. With a walk score of 75 and a bike score of 100, it's only two blocks to Queen Elizabeth Park and one block to Cartier Park. The location is close to all the Main Street amenities. Listing agents Shawn Anderson and Michael Rampf are with RE/Max Crest Westside, 778-229-6461.

$365,000

Edmonton

Here's a half-duplex for sale in Sherwood Park. The main floor has a two-piece washroom. The great room has a built-in TV cabinet above a gas fireplace. The kitchen has dark cabinets with tile backsplash. There's a fully fenced backyard with gas barbecue hookup. Two large master bedrooms each have walk-in closet and four-piece en suite. Sara MacLennan is a sales representative with Liv Real Estate, 780-486-8655.

$699,900

Winnipeg

This architecturally designed and custom-built residence in St. Andrews has a main-floor great room with panoramic river views, a dining room with river and garden views, and birch floors. The eat-in kitchen has a breakfast nook and gas cooking range. There's a main floor powder room and four-piece bathroom and interior access to the three-car garage. Kenneth Clark is a sales representative with Realty Executives Premiere, 204-957-1007.

Deck the tree

Karl Lohnes
For Metro Canada

The Christmas tree is the focal point of your home for the next few weeks. Just as friends cast judgment on your outdated throw pillows or wall colour, the tree will also come under scrutiny — so get it right.

Hunting for this season's best artificial Christmas tree, I found the perfect one from Canadian Tire. Here's a few of their best holiday tree-trimming accessories and some rules to ensure a fabulous centrepiece to your home this season.

Colour trends

Look for the three big trends this year: layers of blue, warm metallic colours, and grey tones. Each colour helps to create a different mood when decorating: Blues give off a retro vibe when teamed with red and white; gold and bronze give off a luxe appeal when mixed with other warm metallic tones like copper; and, grey creates a sophisticated look when silver, black and berry colours are added.

Accessorize the tree with creativity

At the top of the tree, consider something fun like a black top hat and red scarf or a set of decorative resin deer antlers. Under the tree create some luxury for those gifts by laying a faux fur throw, or crumple a set of vintage velvet drapes. Who knows what you might find lying under the tree on Christmas morning?

Best artificial tree: Canvas Oxford Liberty Pre-Lit Pine Christmas Tree, 9 ft., $580, CanadianTire.ca

QUICK TIPS

How many ornaments should I hang on a seven-foot tree?
250 ornaments (35 ornaments per linear foot of height is a general rule).

What should I look for in an artificial tree?
Look for trees that are realistic in colour, have at least two different style of branches, are pre-lit with an adequate amount of warm-white lights, and that the trunk is covered to have a natural bark look.

How many lights should adorn a seven-foot Christmas tree?
700 lights (100 lights per linear foot of height).

Blue

Layering many tones of blue ornaments will give you a visually simple but interesting scheme.

1. Canvas Arctic Teal Wide Glass Finial Ornament, $5
2. Canvas Arctic Teal Peacock Ball Ornament, $4.50

Gold

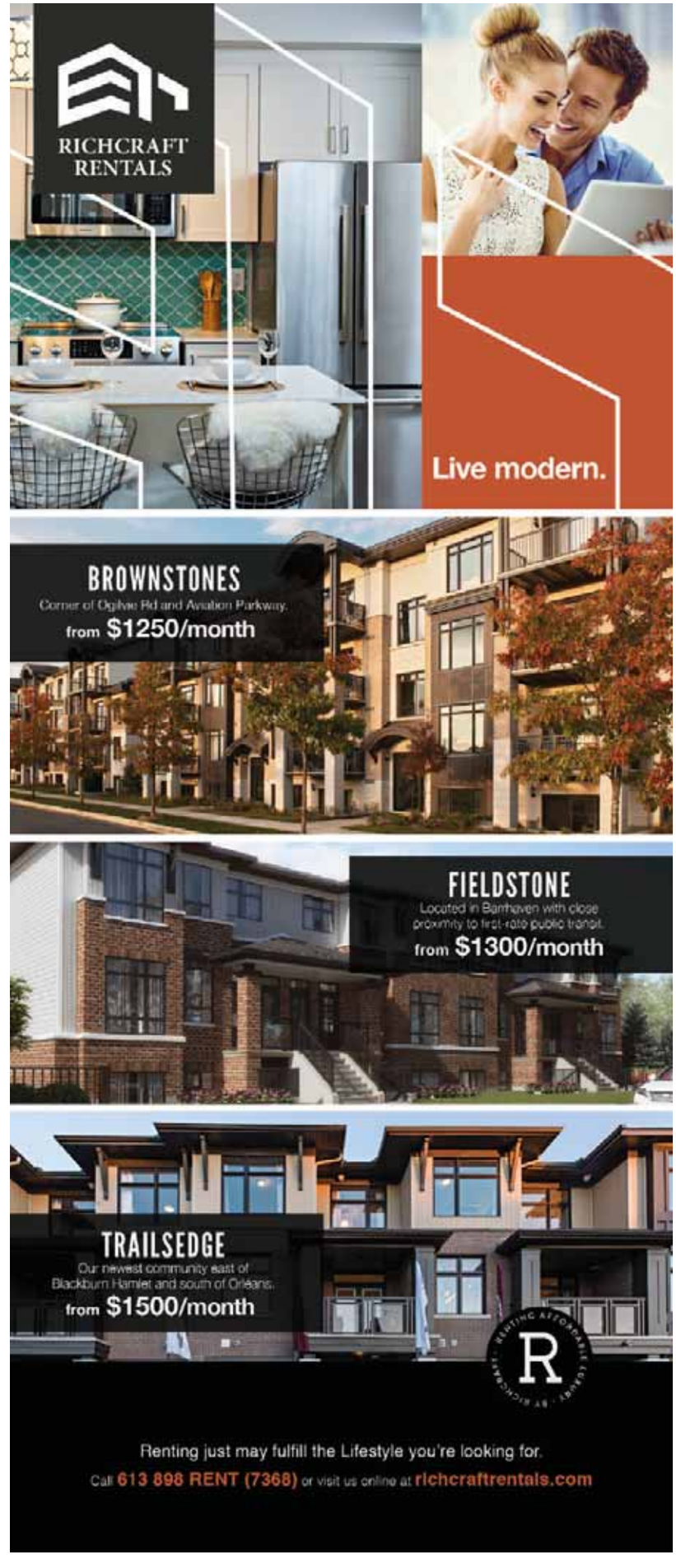
All tones of gold help to create a luxe look on the tree this year.

3. Canvas Gold Spike Ball Ornament, $5.50
4. Canvas Gold Glass Peanut Ornament (set of 3), $4.50

Grey

Mix with silver and black to create a sophisticated look.

5. NOMA Distressed Glass Lighting (10-set), $17
6. Canvas Silver Flower Patterned Glass Ball Ornament, $5
7. Canvas Silver Metal Penguin Ornament, $3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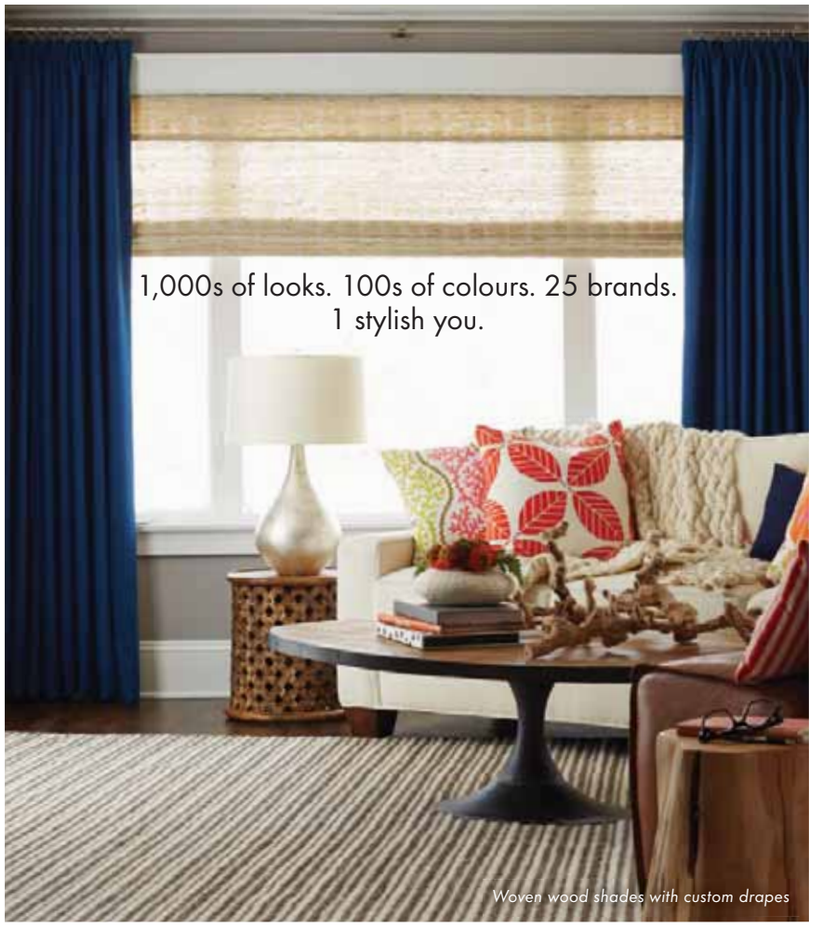

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Your future kitchen

Clockwise from left, the Paragon induction cooktop, the SmartyPan and Neo wireless jars.
CONTRIBUTED

TECHNOLOGY

New tools smart, connected, can even order your groceries

Precision, mobile cooking

FirstBuild, a GE lab based out of Louisville, Ky., has started pre-sales on its Paragon induction cooktop. The portable stovetop is actually a three-piece set: induction heating element, Bluetooth-enabled thermostat and app. Users insert the thermostat into their pots and pans, set the desired cooking temperature and time on the app and walk away. The thermostat monitors the temperature and the burner adjusts to keep it within one degree Fahrenheit, says Lou Lenzi, director for GE Appliances' industrial design operation. Paragon starts shipping in December for $249 US. GE is already using the thermometer for some of its other stovetops.

Calorie-counting pans

For people trying to reduce their calorie intake, it can be a challenge when recipes don't offer nutrition guides (or when you stray from the recipe). This was the problem New York-based nutritionist Prachi Baxi and her engineer brother tried to solve, she says. The duo created SmartyPans, with connected smartphone app, that dishes out a calorie count based on actual food added. Tell the app what you're adding (the app is voice activated) and it measures the quantity as ingredients are dropped. The pans are currently available for pre-sale in the U.S. for $189 US, though Baxi hopes to have it more widely available by spring next year.

Smarter storage

Toronto-based SKE Labs is getting set to start shipping its smart jars, Neo. The wireless jars communicate with an app, while sensors measure weight and manually entered best-before dates track freshness. The app even suggests recipes based on what's in the pantry. As ingredients get low, they're automatically added to a shopping list (for those who frequent nearby grocery stores) or auto-ordered from online retailers (for those who opt to shop digitally). Neo (six jars for $299), is estimated to start shipping this November.
TORSTAR NEWS SERVICE

TIPS

Dream apartment for you and your cat

Canadians love cats. Thirty-seven percent of households own one or more cats, according to the Canadian Federation of Humane Societies. But landlords and property owners don't always think so kindly of our feline friends.

We asked Niccole Schreck, senior brand manager for Rent.com (and a cat owner herself), for her tips for home-hunting with a cat.

Look specifically for cat-friendly buildings

It seems obvious, but apartment hunters would save themselves from a lot of heartache if they concentrated on finding pet-friendly units from the outset. Luckily for cat owners, "there are a lot more restrictions for dogs than cats," notes Schreck. Some websites such as PadMapper.com have a cat-friendly filter that makes the process much easier.

Always start a conversation

"You can talk to the property manager or landlord," says Schreck. "The No. 1 factor (that leads landlords to ban cats) is fear of damage to the unit. Obviously, cat urine is a smell that's almost impossible to get rid of. If you have an indoor/outdoor cat, they fear they will bring bugs or birds into the unit." A little assurance goes a long way.

Create a cat resumé

It may seem silly, but a "cat résumé" is a great tool to show landlords that you take their concerns seriously and also answers any questions they have about your pet.

"You should always include a photo of your pet, along with your cat's name, weight and any medical information — for example, is it spayed or neutered?"
METRO U.S.

'CATIFY' IT

Choosing the right gear and tweaking your home can keep felines safe, sane and stimulated, says the author of a new DIY-focused book.

Catify to Satisfy is Kate Benjamin and Jackson Galaxy's followup to their 2014 bestseller, Catification, with both offering tips from cat owners on what they've accomplished with home enhancements.

The authors' advice includes creating a "base camp" for a new cat, meaning a defined room or space where territory can be established. Potential areas for caving — what cats do when looking to hide deeply away out of fear — should be blocked off. And "cocoons," semi-enclosed havens cats may go into to reduce stress, should slowly be moved out of camp as socialization progresses.
THE ASSOCIATED PRESS

Black Friday deals start early

SHOPPING TIPS

Online and in-store sales may already be available

Tanya Enberg

Slashed prices on electronics, clothing and sports gear top the lists of many Canadian Black Friday shoppers — and it's becoming easier than ever before to snag the best deals available, say the pros.

"Stay social," advises Satish Kanwar, director of product for the e-commerce site, Shopify, used by more than 175,000 merchants across the globe.

"Your friends love posting about great Black Friday deals just as much as stores do. Lots of online stores also allow users to share their shopping experiences directly from the site, or tweet out must-have items. Shoppers should monitor their newsfeeds and timelines to make sure they're not missing out on any great deals."

Sharon Giraud, a business consultant in Mississauga, Ont., is a savvy Black Friday devotee. Among the goods she will be watching for is software, clothing, tech gadgets and cooking items.

"I check online and in store in advance to see what the prices are," says Giraud, 49, who prefers shopping virtually to avoid in-store crowds.

Black Friday has become the unofficial start of the holiday shopping season, with thousands of Canadians taking advantage of online and in-store sales. SHUTTERSTOCK

"You can often jump online at midnight and get the deals before stores even open. If it's something like shoes or clothing, I try it on in advance so I am certain the sizing is right."

Additionally, Giraud makes a habit of asking staff at the stores where she shops about future markdowns, especially as a number of businesses start cutting prices before the arrival of Black Friday.

Striking early is smart move, agrees Kanwar.

"More and more, retailers are offering sales in advance of Black Friday to ramp up excitement for one of the busiest days of the year," he says.

"Be sure to keep an eye out for the inevitable early sales."

Diane J. Brisebois, president and CEO of the Retail Council of Canada, says homegrown merchants are stepping up their online game, and Canadians are taking notice.

"What we heard from the great majority of retailers who were active in promoting Black Friday (last year) was about the growth in online shopping," Brisebois says.

"They were shocked — it was double digits."

Brisebois points out that more merchants are setting up virtual stores, resulting in a highly competitive atmosphere and boosting interest among buyers looking for value from the comfort of their own homes.

Rooted in the U.S., Black Friday is still a relatively new concept in Canada. It first began appearing here in 2008, and the idea is gaining momentum with some consumers.

It is now considered one of Canada's biggest shopping days of the year, with tech items in the highest demand, as well as other pricier fare, such as parkas, footwear, jewelry, skates and ski equipment.

Brisebois says that Black Friday is "becoming the kick off" for holiday shopping, however stresses that it is easy to get swept up in the consumer hype and lose sight of one's budget.

"To some people it's the high, the excitement — it gets crazy, it gets busy," says Brisebois.

"There's a lot of buzz, but always be careful that you're buying what you need and what you're going to enjoy. This is no different than trying to put your list together for the holidays — stick to your list."

Brisebois suggests setting a budget, shopping around, downloading apps to price compare, paying with debit, and only using credit if the card provides real benefits.

Meantime, Kanwar says that loyalty pays off with favourable early-bird discounts and insider news.

"You're probably also on a few stores' email lists already from past purchases — and it's likely they will tell you first about their upcoming discounts or deals," he notes.

"One of the most widely used tactics for online stores is email marketing. Subscribers can gauge which retailers will offer them the most value and best discounts by joining mailing lists well before Black Friday."

BEFORE HEADING OUT

- Make a list
- When cross-border shopping, calculate exchange rates and shipping costs before ordering
- Understand the currency being used online
- Take advantage of promo codes
- Shop with retailers you know and trust
- Research the return policy. Policies can range from store-only credit to full refunds or a final sale with no refunds

45%

According to a survey by Mintel, 45% of Canadians believe buying the appropriate gift, regardless of cost, is important, while 30% value sticking to a holiday budget. The survey also revealed that 55% watch for ads promoting in-store holiday deals, 47% search out online sales ads, 44% use coupons and 40% rely on social media platforms for discount information.

BRAVE THE MALLS OR VENTURE ONLINE: CANADIANS POISED TO FIND A STEAL

A TALE OF TWO SHOPPERS

MALL SHOPPER

Pat Farley. JUSTIN TANG

If shopping were a sport, Kelly Chan would be an Olympian. And Black Friday would be her Olympics.

Chan, 22, heads south of the border for Black Friday, where shoppers get pushed, shoved and kicked over sale items. This year, though, she'll be staying in Toronto.

One time, she found a Free People cardigan that was discounted from US$200 to US$120. When she picked it up, another woman — who Chan says wouldn't have fit into the cardigan — claimed it was hers, and a pulling match ensued.

Chan's friend stepped in to help. "We tugged it away from her — she was screaming and cursing," she said. "It was a victory for me."

This year, she won't be driving south of the border, in part because she has an exam on Black Friday. "I think in a way shopping in Toronto is more relaxing because I find people are less competitive," she said. That, in turn, makes shopping a better overall experience.

The biggest benefit, though, is if she changes her mind about an item she bought during the excitement of a Black Friday sale, she can return or exchange it. "Shopping in another country doesn't allow that," said Chan.

Also, many Canadian-based retailers offer all-day (or, in some cases, all-weekend) shipping as an added bonus to customers, she said. New this year, the Retail Council of Canada is promoting local, independent businesses on the Saturday following Black Friday: Shopin Saturday. That provides more shopping options for those who don't want to wait in long line-ups or fight the crowds.

Regardless of where you shop, Black Friday requires a strategy, "especially in the States where people are crazy and you can actually die from being trampled up," said Chan. "It's nothing like Boxing Day here. In the States, you will get punched, you will get hit, you will get yelled at."

It doesn't faze her anymore, though. "I'm accustomed to it — I'm just as aggressive as an American now," said Chan, a Torontonian who is studying international business management at Seneca College and works part-time as a bank customer service representative.

CYBER SHOPPER

Pat Farley. JUSTIN TANG

Pat Farley buys almost everything online. He still pops into stores to browse and do his research, but then he goes home and flips on the computer to make his purchases.

So when it comes to Cyber Monday shopping, he's prepared.

"I used to go with a bunch of friends Stateside and do it that way," says the 33-year-old senior graphic designer at Giant Tiger in Ottawa. "Then we all grew up and got day jobs and can't do that anymore, so that's how I got into the online stuff. And I like the whole scavenger-hunt feel to it."

Over the years, he's picked up some good deals online, such as a Dyson vacuum for $110 with shipping (worth about $350). He also snagged a coat from Roots where he saved 75 per cent off the original price.

But for Farley, it's not just about price — although that's a big factor. "The stores in Ottawa, it's all the same kind of stuff," he says. "If you go online you tend to find really cool stuff, especially if you go on Etsy. You get stuff that's one of a kind and other people don't have."

But, like a physical mall, it's first-come, first-served, and there are online door-crashers. So Cyber Monday shopping means a midnight shopping spree — except with a cup of coffee in hand, in the comfort of pajamas.

Retailers participating in Cyber Monday distribute flyers about a week in advance, so you can do your research and find out if you'd actually be getting a good deal, says Farley. The best deals, like electronics, tend to get snapped up in the first hour.

"It's a virtual lineup," he says. "If you're really interested in something, make sure you're logged in, you're in your account, you're ready to grab the item, put it in your cart and check out."

The advantage of online shopping, though, is that he can shop anywhere. The night before, Farley logs into his accounts at around 11:50 p.m., so when the clock hits midnight he's ready to start shopping.

It all goes down in 30 minutes to an hour. After half an hour, the most coveted items are usually gone. "You need to narrow it down to a small amount of things you want," he says, "or you're going to end up losing all of it."

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Black Friday is 'here to stay'

HISTORY OF

The shopping extravaganza now pretty much on par with Boxing Day

Vawn Himmelsbach

A decade ago the concept of Black Friday didn't exist in Canada. But over the past five years it's picked up steam, becoming a part of the Canadian shopping psyche — almost as much as Boxing Day.

In the U.S., Black Friday follows Thanksgiving Day, which always takes place on a Thursday at the end of November. The tradition dates back to 1924 when Macy's held its first Thanksgiving Day Parade (on Thursday), which kicked off the holiday shopping season (on Friday). The term "Black Friday" was coined in the '60s, referring to retailers moving out of the red and into the black.

Canada, of course, celebrates Thanksgiving in October, so Black Friday doesn't fall on a holiday here. Yet it's still become a popular shopping event.

"The tipping point of when it became an important holiday to retailers is when it became an important holiday for consumers," said Michael LeBlanc, senior vice-president of marketing and digital retail with the Retail Council of Canada.

Over time, more U.S.-based retailers have opened up shop in Canada, lending publicity to the event. "But really what sent the tipping point over was when the dollar was at par," said LeBlanc. So many consumers started shopping on Black Friday — south of the border or on U.S. websites — that Canadian retailers started paying attention.

It was a "defensive-offensive" strategy, he said, adding that cross-border shopping takes about $8 billion out of the Canadian economy each year.

But it was also seen as an opportunity, since it's a time when Canadians have shopping on the brain. "Last year was probably the biggest milestone because retailers had fully adopted it into their promotional calendars," said LeBlanc.

"It's probably within the last five years that it really caught fire on this side of the border," said Kelly Askew, managing director of retail strategy with Accenture. Initially there was a growth spurt, but the numbers have levelled off, with 61 per cent of Canadians indicating they would participate in Black Friday in 2013 and 2014. This year, that number is 60 per cent, according to Accenture's holiday shopping survey.

"Canadian retailers have fully embraced Black Friday and people aren't dependent upon driving across the border to the U.S. or shopping online at U.S. sites," said Askew. "It's interesting to note slightly more Canadians plan to shop on Boxing Day than on Black Friday, but they think they're going to get better deals on Black Friday."

Canadian retailers have jumped on the opportunity to move December shopping into November, he said, giving them more confidence in their numbers as they near year's end — as opposed to relying entirely on Boxing Week.

It's also become a cultural phenomena — Askew has seen Black Friday deals in Europe and as far away as the Philippines.

Shoppers take advantage of Black Friday sales at Macy's in New York City. GETTY IMAGES

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Hot tech finds for Black Friday

Marc Saltzman

'Tis the season to buy tech toys, whether it's to gift over the holidays or treat yourself to something you've had your eye on.

Retailers are looking to spur sales on "Black Friday" — which takes place on Nov. 27 — including advertised discounts on many consumer electronics products.

"The popularity of Black Friday shopping continues to grow and each year Canadian retailers are responding with enticing promotions," says Jason Anderson, senior vice president of Marketing at Cadillac Fairview. "Electronics are among the top-selling items within our properties, so the deals are there, and savvy shoppers are taking advantage of the savings."

"On such a busy shopping day, consumers need to be strategic, test, scout and do product research ahead of time so they can identify what they want and where to get it quickly especially when it comes to the hottest tech products that are sure to fly off the shelves," suggests Anderson.

Look no further than below for a glimpse into some of the best Black Friday deals on gadgets, gear, and games.

Toshiba 55-Inch 1080p 60Hz LED TV (55L310U)
Regular price: $699.99
Black Friday price: $499.99
Retailer: Best Buy

If you've been saving up to treat yourself to a big-screen TV, Best Buy is offering a 55-inch Toshiba LED TV (model #55L310U) for $200 off the sticker price – and throwing in one year of Geek Squad 24/7 online support, should you need it.

This 1080p HD television enjoys LED backlighting, 60Hz refresh rate and a 1000:1 contrast ratio for deep blacks and more vibrant colours. Along with the twin 8-watt speakers, this television features DTS TruSurround for a more immersive sound experience in your TV shows, movies, games and sports.

Monster iSport Bluetooth Wireless In-Ear Headphones
Regular price: $119.99
Black Friday price: $59.99
Retailer: The Source

Active types will tell you four problems with the earbuds that ship with your smartphone: the audio quality is less than desirable; they're not sweat resistant; the cord gets tangled up; and they fall out of your ears too easily.

Instead, the Monster iSport Bluetooth Wireless In-Ear Headphones resolves all of those issues: they offer superior sound; they're sweat-resistant; they wireless connect with your smartphone; and they're designed to stay in your ears comfortably and securely. An integrated microphone means you can take a call if one comes in.

Canon EOS Rebel T5 Camera w/18-55mm IS III Lens
Regular price: $499.99
Black Friday Price: $329.99
Retailer: eBay (eBay.ca/BlackFriday)

Don't take lousy photos with your smartphone when you can capture life's memories in much better quality. eBay has a Black Friday sale on the Canon Rebel T5 for up to 58 per cent off. Ideal for amateurs and hobbyists, this digital Single Lens Reflex (dSLR) camera includes an EF-S 18-55 millimeter lens for you to capture dazzling photos and shoot HD movies right out of the box.

iRobot Roomba Vacuum Cleaning Robot (780)
Regular price: $699.99
Black Friday price: $449.99
Retailer: Best Buy

Who wouldn't want their home vacuumed by a robot? Especially if you can just "set it and forget it" — to borrow the quote from infomercial guru Ron Popeil. On sale for $250 off the usual price at Best Buy, the iRobot Roomba 780 can move about your floors to suck up 98 per cent of dirt, crumbs and pet hair off carpet, hardwood, tile or laminate.

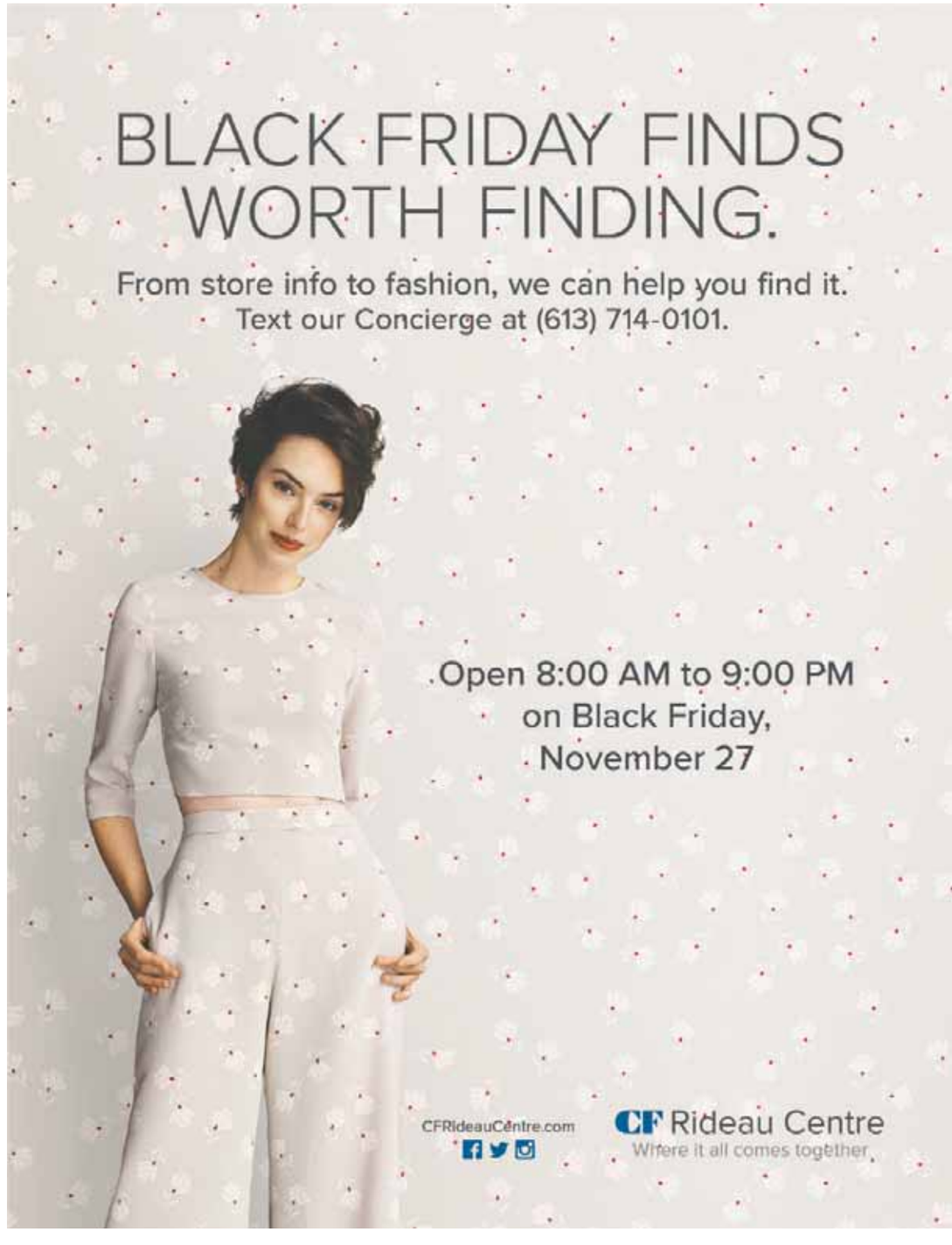
Fitbit Charge HR Fitness Tracker
Regular price: $179.99
Black Friday price: $149.99
Retailer: Multiple stores

If your New Years' Resolution is to get rid of that spare tire once and for all, the Fitbit Charge HR Fitness Tracker might just be the motivator you need — and it's available for $30 off at multiple retailers on Black Friday (an exclusive blue model is on sale at Best Buy only from Nov. 27 through 30). This wrist-mounted bracelet lets you set a daily goal — such as a certain number of steps taken, distance traveled or calories burned — and the lightweight and water-resistant wristband will keep track of your daily progress. As the name suggests, the Fitbit Charge HR can also read your heart rate. Along with info on the small screen, this Fitbit also wirelessly syncs with your phone or tablet.

Acer Iconia 7-Inch Tablet (16GB)
Regular price: $109.99
Black Friday price: $89.99
Retailer: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-based Acer Iconia, a 7-inch white tablet available at The Source for $20 off the regular price. Fast and light, and with a high-resolution display (1280 x 800 resolution), this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with

support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories.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Following the lead on Black Friday

ALL OVER THE WORLD

Across the globe, countries have jumped on annual day of shopping

Camilla Cornell

Black Friday began as a quintessentially American shopping event, but the custom has since spread around the world. Traditionally the kick-off to the Christmas buying season, Black Friday now has a following in countries without a Christian past such as South Korea and Japan, as well as France, the U.K. and, of course, Canada.

The good news: the mayhem that accompanies the occasion in some countries seems to have been mitigated in Canada by our characteristic politeness. Here's what to expect from Black Friday events across the globe.

South Korea

In 2013, during Beufle (the Korean name for Black Friday), South Koreans spent more than $1 billion on goods from online retailers based abroad, a 47 per cent leap from 2012, according to customs data.

The reason: tariffs and taxes on goods in Korea can push up prices by 20 to 30 per cent. In spite of customs and delivery costs, deeply discounted items from the U.S. are simply cheaper — even when they originate from Korea (such as Samsung televisions).

It should come as no surprise then that the country launched its own Black Friday event this year to keep the cash at home. This year, it started at the beginning of October and wrapped up mid-month (Oct. 14), getting the jump on its U.S. counterpart.

The upshot: The 22 Korean retailers who jumped on the bandwagon saw a sales increase of a total 719.4 billion won (US$ 634.9 million), or 20.7 per cent over the previous year in the first two weeks of October, according to data compiled by the Ministry of Trade, Industry, and Energy.

Mexico

Inspired by Black Friday, "the good weekend" (El Buen Fin) shopping spree takes place over four days and is pegged to Mexico's 1910 revolution. This year, it kicked off November 13-14.

El Buen Fin began in 2011, as an initiative of the Mexican government, the country's business council and private retailers. Sales have grown steadily – in 2014, they increased by 13.7 per cent over the year before. But the event's success has had its dark side, prompting the Mexican government to warn consumers that credit "can be easy to acquire and sometimes very difficult to pay off."

The U.K.

Britain — which has no tradition of Thanksgiving — managed to ignore Black Friday for many years. In 2010, Amazon introduced the shopping day, but it wasn't until 2013 that it really took off.

That's when Amazon was joined by Asda, a supermarket chain owned by Walmart, as well as other British companies such as Tesco, Sainsbury's, Currys and John Lewis, all offering Black Friday specials.

By 2014, the madness was in full swing. Mail Online reported that several hundred customers tried to break down the door of a Tesco store in Wigan, England before its scheduled midnight opening, Manchester police made three arrests, a woman was injured by a falling TV and at a Tesco staff member in Stretford got a black eye.

France

The French have largely greeted Black Friday with a Gallic shrug of disdain. This is, after all, a country which tends to be unyielding about its set sales periods — which fall in the summer and the New Year. What's more, Les Francais tend to regard the shopping event as a symbol of the worst American consumerism.

That hasn't stopped French merchandisers from trying to cash in, though. Big brands such as Casino, Fnac, Darty and Habitat have launched sales in the past. Still, the occasion isn't likely to rival the U.S. or U.K. for craziness any time soon.

The U.S.

Still the granddaddy of all Black Friday events: in 2014, Black Friday sales both in-store and online hit $50.9 billion. This weekend, an estimated 140 million shoppers are expected to hit bricks-and-mortar stores, as well as the web.

On the negative side, the U.S. has a history of Black Friday violence that includes stabbings, brawls and outright havoc. In 2013, two families in Philadelphia — the City of Brotherly Love — fought until one of the women ended matters with a stun gun.

In South Korea, Beufle (the Korean name for Black Friday) started at the beginning of October and wrapped up mid-month (Oct. 14), getting the jump on its U.S. counterpart. ISTOCK

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CellTell:
1724 Bank St.

AZ Wireless:
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Cellular Link:
Westgate Shopping Centre

Seattle Seahawks running back Marshawn Lynch will miss 3-4 weeks after undergoing surgery to repair an injury related to a sports hernia

Veteran QB planning to prove doubters wrong

103RD GREY CUP

Burris dumped by Stamps, Tiger-Cats in recent years

Only Henry Burris can arrive at the Grey Cup with a chip on his shoulder and a megawatt smile.

The 40-year-old Ottawa Redblacks quarterback comes to the CFL championship game having thrown for 361 touchdowns and more than 60,000 yards in his 16 years in the league. He was MVP of the 2008 Grey Cup, when he led Calgary past Montreal. And on Thursday, he can collect his second Most Outstanding Player Award in the leadup to Sunday's showdown with the Edmonton Eskimos.

But his drive for success is partially fuelled by his doubters, following his release by both Calgary and Hamilton in recent years.

"It is very personal to me," he told reporters Wednesday after a brisk morning workout at Investors Group Field. "So many people always say you can let it go, let it go. But I think that's what motivates some of the best athletes ever.

"You have to play with a chip on your shoulder. When people say certain things that in your heart matter to you as an athlete. When they say certain things to doubt you."

Burris acknowledges there will always be naysayers. But to him it matters when it comes from people "that matter to you, that played a role in your life."

As tough as nails on the field, the charismatic Burris bruises easily off it. He can't understand why he is "Good Hank, Bad Hank" to some and a possible Hall-of-Famer to others.

> **I'm nothing without my teammates. And hopefully my teammates feel they're the same without me.**
>
> Henry Burris

And Burris, also known as "Smiling Hank," has a long memory.

"The bottom line is what motivates you every day," he said. "And for me the fact I was sent packing after I helped turn organizations around and doing my job both on and off the field, being an ambassador not only for the community but for the team and also for the league — just to be sent packing the way that it occurred."

Ending Hamilton's season last weekend was something to savour for Burris, who recalled being on the phone learning that the Ticats no longer wanted him as his wife read on her iPad that the Ticats had signed Zach Collaros.

"It's little things like that than I hold on," Burris said. "Of course, when I'm training, it gets me to an emotional point sometimes. I'm not saying I want revenge but to be able to go out and achieve what we did was the easiest way to get revenge. And I know that cuts deep."

Defeating the Ticats three times at the end of this season was sweet, sweeter and even sweeter.

Bottom line, it appears that while you can part ways with Burris, you can't escape him.

"No matter what you say, you can't rule me out," Burris said. THE CANADIAN PRESS

Henry Burris and the Redblacks lined up at Investors Group Field on Wednesday afternoon for practice. JOHN WOODS/THE CANADIAN PRESS

SEX

Campbell just fine with his players scoring off-field

Rick Campbell isn't about to mess with success.

The Ottawa head coach said if scoring off the football field helped his team get to the Grey Cup, he's fine with his players getting lucky this week as the Redblacks prepare to face the Edmonton Eskimos on Sunday in the CFL title game.

Campbell, in his first CFL championship contest as a head coach, offered a brilliant answer when asked the traditional question about pre-game sex at the annual Grey Cup coaches news conference Wednesday.

"It's my job to put guys in the best position to have success, whether that's on or off the field," Campbell said with a straight face. "So I guess I'm going to give advice more than a policy.

"This would probably apply to most of our players and coaches and it mirrors our football team is that the odds aren't good and no one gave you much of a chance but, if you pay attention to detail and you execute and you do it with zest and enthusiasm, anything can happen."

Campbell's deft answer left Edmonton head coach Chris Jones almost speechless.

"How do you top that?" he asked.

THE CANADIAN PRESS

Head coaches keep their players' focus on the grand prize

Rick Campbell and Chris Jones at the coaches' news conference on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

They're different personalities, but Rick Campbell and Chris Jones are taking similar approaches to preparing their teams for the Grey Cup game.

The two will make their Grey Cup head coaching debuts Sunday when the Ottawa Redblacks meet in Winnipeg. On Wednesday at the annual Grey Cup coaches news conference, Campbell and Jones said they've told their players to enjoy this week but not lose sight of why they're here.

"If you win the Grey Cup, you're a Grey Cup champion forever and you'll remember it forever so that's where you want the focus to be," said Campbell, in his second season at Ottawa's head coach. "We're not going to discourage our guys from interacting with fans and enjoying the process but it's got to be about football."

Jones's message was much more direct.

"You assume when you're young that a lot of things are going to happen over and over and over," the Tennessee native said with a noticeable southern drawl. "There's no guarantee that you'll ever be back.

"We flew in on a plane and that plane's going out so if you act the wrong way (you'll be on that flight out of Winnipeg)."

Campbell and Jones will also field very similar teams Sunday: strong offences anchored by veteran quarterbacks and rugged, pressure defences. Ottawa quarterback Henry Burris, 40, is a finalist for the CFL's outstanding player award after passing for a league-high 5,703 yards while Edmonton is a stellar 9-0 since starter Mike Reilly returned under centre.

THE CANADIAN PRESS

Big-game vets

Campbell and Jones are in their first Grey Cup game as head coaches, but both have been here before as assistants. Campbell is making his fourth appearance while Jones is in his sixth CFL championship contest. Campbell has won twice, Jones three times.

PSG, Juventus and Atletico all into knockout stages

CHAMPIONS LEAGUE ROUNDUP

Ibrahimovic nets in special win against his first club

Zlatan Ibrahimovic celebrated his return to his first senior club with a goal as Paris Saint-Germain advanced to the knockout phase of the Champions League on Wednesday while Juventus claimed top spot to qualify from Group D with a 1-0 win over Manchester City.

Ibrahimovic played his first competitive club match at his hometown team Malmo since joining Ajax in 2001. He marked the occasion by netting PSG's third goal, with Laurent Blanc's players thrashing their Swedish opponents 5-0 in Group A.

"I lived a dream tonight, coming back," Ibrahimovic said. "On top of that I scored one. I'm very happy. Since the beginning, there's been a great relationship between Malmo's fans and me."

Bearing the slogan "Je suis Paris" (I am Paris) on their shirts in solidarity with the French capital following the Nov. 13 attacks, Paris Saint-Germain's players secured qualification for the knockout stages with ease.

On top of Ibrahimovic's goal Angel di Maria scored twice for PSG, while Adrien Rabiot and Lucas also made the scoresheet. Malmo came closest when captain Markus Rosenberg hit the post with a penalty.

Already qualified before travelling to Ukraine, 10-time European champion Real Madrid conceded three goals in 12 minutes yet still came away with a 4-3 win over Shakhtar Donetsk in the group's other match. Cristiano Ronaldo scored twice as Madrid made sure of finishing top.

In Group B, Manchester United was left frustrated by another lacklustre performance in a 0-0 draw against PSV Eindhoven at Old Trafford. The group remains wide open and will be decided on the final day after Wolfsburg moved to the top of the standings with a 2-0 defeat of CSKA Moscow. Atletico secured its place in the next round with a 2-0 victory over Galatasaray in Group C and will travel to Benfica to decide first place in two weeks' time. Both teams have 10 points after Benfica recovered from a two-goal deficit to draw 2-2 at Astana. THE ASSOCIATED PRESS

RESULTS

Group A
Malmö FF 0, Paris St G 5
Shakt Don 3, Real Madrid 4
Group B
Man Utd 0, PSV 0
CSKA 0, VfL Wolfsburg 2
Group C
FC Astana 2 Benfica 2
Atl Madrid 2, Galatasaray 0
Group D
Juventus 1, Man City 0
B M'gladbach 4, Sevilla 2

Zlatan Ibrahimovic began his career at Malmo and went on to score against them during PSG's successful 5-0 visit to Sweden. JONATHAN NACKSTRAND/AFP/GETTY IMAGES

NBA

Ailing Kerr a catalyst for Golden State's record start

Even though he hasn't been in his usual spot on the bench, ailing coach Steve Kerr has contributed plenty to Golden State's record start. On Tuesday night, his defending champion Warriors routed the Los Angeles Lakers 111-77 to become the first team in NBA history to begin a season 16-0.

Hours earlier, Kerr offered his thoughts — then spent the game behind the scenes still recovering from a pair of back operations as interim coach Luke Walton led the squad to its latest win. It hasn't been easy to be away as he heals. Kerr's message focused on Golden State's core values: Joy. Mindfulness. Compassion. Competition.

> **He emphasized how proud he was watching them.**
> GS interim coach Luke Walton on coach Steve Kerr

"He emphasized to them how proud he was watching them, because we're hitting all four of those values. The first one and the most important one is probably joy. He wants us having fun," said Walton.

The Warriors surpassed the 15-0 starts by the 1948-49 Washington Capitols and 1993-94 Houston Rockets. THE ASSOCIATED PRESS

NFL

Gifford autopsy reveals brain damage from his playing career

The family of Pro Football Hall of Famer Frank Gifford says signs of the degenerative disease chronic traumatic encephalopathy were found in his brain after his death.

In a statement released through NBC News on Wednesday, the family said he had "experienced firsthand" symptoms associated with CTE but did not offer specifics. Gifford died of natural causes at his Connecticut home in August at age 84.

His widow, Kathie Lee Gifford, is a host for NBC's Today. The statement said that the family "made the difficult decision to have his brain studied in hopes of contributing to the advancement of medical research concerning the link between football and traumatic brain injury."

"Our suspicions were confirmed," the Giffords added. THE ASSOCIATED PRESS

Rams' receiver Bailey in hospital after being shot

A person familiar with the situation tells The Associated Press that suspended Rams wide receiver Stedman Bailey is in critical, but stable condition after being shot.

The Rams said in a statement they were "aware Stedman Bailey was involved in an incident" late Tuesday and that they had spoken with him. Bailey was shot, according to the person who spoke to the AP on condition of anonymity because details have not been released by the Rams.

Stedman is a 2013 draft pick out of West Virginia. He is serving a four-game suspension for violating the NFL's substance-abuse policy. THE ASSOCIATED PRESS

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RECIPE Zesty Chicken, Red Beans and Rice

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This hearty, crowd-pleaser is so perfect for a cold, fall night you may not mind so much that winter is coming. Well, maybe that's a stretch, but it's really delicious.

Ready in
Prep time: 60 minutes
Serves 4

Ingredients
- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

Directions

1. Preheat the oven to 350 F.

2. On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture until well-coated.

3. In a large Dutch oven or oven proof pot, heat up the olive oil over medium high heat. Brown the chicken on both sides. Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.

4. Turn the heat down to medium and add the garlic, allow it to soften and become fragrant. Add your beans, tomatoes, stock, corn and rice. Stir. Break up the tomatoes with the back of a wooden spoon. Raise the heat again so that your mixture comes to a boil.

5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

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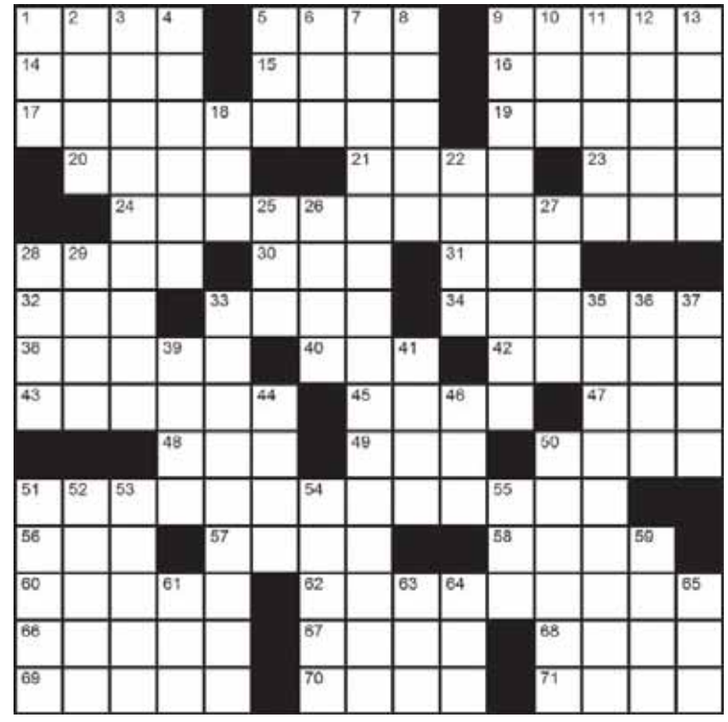
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Noun modifiers [abbr.]
5. Aristocrat of India
9. Lazy __ (Kitchen cupboard upgrade)
14. Throw out
15. __-steven
16. "The Devil Wears __" (2006)
17. Staunch
19. Like a lotus position
20. "How silly __ __." (My bad)
21. Fertilizer component
23. Irish airline, with Lingus
24. Colour choice for a retro-style fridge: 3 wds.
28. Mr. Onassis, et al.
30. Tic-Tac-Toe win
31. Poet's 'atop'
32. Trend
33. __ 'n' Turf
34. Escargots: English
38. Commander played by Lorne Greene on "Battlestar Galactica"
40. U.S. airer of "The Walking Dead"
42. Faultfinder
43. Canadian bathroom tissue brand with the white kittens
45. Comply
47. "Law & Order: ___"
48. Cleaning cloth
49. Vegas locale, briefly
50. Coffee table film
51. Specialty of Canadian tour operator Transat A.T.: 2 wds.
56. "Am I __ brother's keeper?"
57. Smudge
58. Mr. Thicke
60. Celebrity chef Mr. DiSpirito
62. Relaxingly reflects
66. Robin Hood's need
67. Spring months
68. Eternities practically
69. "You Shook __ __ Night Long" by AC/DC
70. Primordial matter of outer space
71. Maple __

DOWN
1. Sit-ups targets
2. ___ death (Overuse)
3. Sgt. played by Dan Akyroyd in 1987's "Dragnet", a comedic take on the classic same-named crime franchise: 2 wds.
4. John of FOX comedy "Grandfathered"
5. NHL official
6. Director Ms. DuVernay
7. Bible-inspired 1989 movie by Canadian director Denys Arcand: 3 wds.
8. Cavern
9. Canada's CSIS or Britain's MI6, for example: 2 wds.
10. Prefix meaning 'Tail'
11. TV actress Katey
12. "Have a lovely voyage!"
13. Mother-of-pearl
18. Ms. Winger, to pals
22. Some might be inflated
25. Promissory note
26. A Doll's House wife
27. Donkey's call
28. Outlying
29. Swiss watch manufacturer
33. Item to put lettuce, cucumbers, dressing, etc. in: 2 wds.
35. One installing fibreglass
36. Ms. Tyler's
37. Rabbit-style tail
39. Great Big Sea's "__-Mac"
41. "Ten-four." sayer
44. Equal: French
46. Ms. Longoria
50. Canadian professional golfer, Graham __
51. Archie Comics character Mr. Lodge
52. Irish rebel Rory
53. Health club outfit material
54. Scrumptious
55. Tub
59. Reality star Ms. Leakes
61. Mil. officer
63. Tie-__
64. 'Ideal' suffix
65. NNW's opposite

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Demand the best and you will get it. With the Sun moving through one of the most dynamic areas of your chart you only have to snap your fingers for others to come running.

Taurus April 21 - May 21
The pressure you're under may be intense but it's nothing you haven't experienced before and nothing you can't handle. In fact, you will make such a success of it that even your rivals will shower you with praise.

Gemini May 22 - June 21
There are a lot of changes in your world at the moment and some of them are a bit worrying. But no matter how great the upheavals may get you have nothing to fear.

Cancer June 22 - July 23
There is no limit to what you can do. Where work and money are concerned now is the time to push yourself. The effort will pay off.

Leo July 24 - Aug. 23
Romantically and creatively the sky is the limit. The Sun in Sagittarius endows you with massive self-confidence, to the extent that you believe that all things are possible — and your belief will make it a fact.

Virgo Aug. 24 - Sept. 23
Try not to let your emotions get the better of you, because once they start to unravel it's unlikely you will be able to stop them getting entirely out of hand. Whatever the problem is it's not worth getting upset about.

Libra Sept. 24 - Oct. 23
You will want to be on the move today. Realize that you will achieve more if you get out and about and meet as many new people as possible.

Scorpio Oct. 24 - Nov. 22
Know what you want and you know where to find it. If you do then there is a very good chance that you can make it your own. Above all Scorpio, don't listen to those who urge caution.

Sagittarius Nov. 23 - Dec. 21
The Sun in your sign means there is no holding you back. The only danger is that you could take on too many things and not be able to give your best to what is most important.

Capricorn Dec. 22 - Jan. 20
You are under no illusions about what needs to be done. You are smart enough to realize there are no shortcuts. What you're working on demands your full and undivided attention and your very best efforts.

Aquarius Jan. 21 - Feb. 19
You will do something today that turns heads and gets tongues wagging — and you will love every moment of it. But don't neglect those who have stood by during the bad times. Give them some attention too.

Pisces Feb. 20 - March 20
You can take great strides on the work front. Very Important People will be on your side and very soon you could be a VIP yourself.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6				1				5
	4		2		7		6	
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4				5				1

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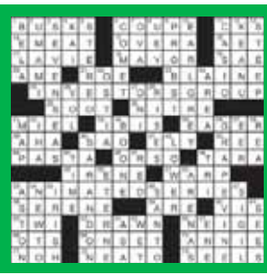

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7	3	2	5	4	8	1	9	6
9	1	3	8	6	5	2	4	7
8	7	4	3	1	2	6	5	9
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Kinghurst C 1,785 sq. ft. Lot 44 332 Hepatica Way ~~$398,900~~ **$368,900**	Fitzroy B 2,278 sq. ft. Lot 86 719 Magnolia Street ~~$444,800~~ **$429,800**	

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